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# GYMNASTICS



IN THE

# SCHOOL ROOM.



HANS BALLIN.



PRICE, \$1.00.

## ERRATA.

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Page 36, Exercise 177, (Fig. 41) should be (Fig. 42.) Exercise 178, (Fig. 42) should be (Fig. 43.)

Page 57, Exercise 417, (Fig. 47) should be (Fig. 48.)

Page 58, Exercise 420, (Fig. 47) should be (Fig. 48.)

Page 169, (Fig. 151) should be (Fig. 157.)

With compliments  
the  
author.

IN MEMORIAM

R. G. Boone



EDUCAT M 11 132









Friedrich Dürrenmatt



# GYMNASTICS — IN THE — SCHOOL ROOM.

A MANUAL FOR THE USE OF TEACHERS

— BY —

HANS BALLIN,

DIRECTOR OF PHYSICAL CULTURE IN THE PUBLIC SCHOOLS OF  
SANDUSKY, O., AND THE SANDUSKY TURNGEMEINDE.

CONTAINING ONE HUNDRED AND FIFTY-EIGHT HALF TONE ILLUS-  
TRATIONS DIRECT FROM PHOTOGRAPHS, INCLUDING THE  
PORTRAIT OF FRIEDRICH LUDWIG JAHN, THE  
FOUNDER OF MODERN GYMNASTICS.

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Dedicated  
to  
The North-American Gymnastic Union  
by  
The Author.



## PREFACE.

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Motto: "Only he lives who enjoys life while living."

Goethe says:

This world has not been made of pap and broth,  
Let us not then become inured to sloth,  
To bite into hard morsels fate does oft compel,  
If we would not be choked, our teeth must grind them well.

**R**EAL life requires men of strength and nerves, but no weaklings. That man, however, who is a slave of his body, and who sees himself forced to yield to his bodily affections, becomes a weakling. He will shun every unpleasant affection from without, and will involuntarily feel himself attracted to what he expects to find agreeable. Such a man will become either intemperate and over-fond of pleasure or hypochondriac; that is, his entire dependence upon the affections of his body discourages him. Such a spoiled and effeminate person looks only to the wants of his body; he is inattentive to the ideals of life, and renounces them when their attainment is attended by difficulties. Low selfishness is a characteristic of such persons. A selfish man cares more for his appetite than the future of his race. Such evils must be fought by rational education, and it is the duty of those, to whom the instruction of the children in the public schools has been intrusted to try to educate citizens for the State, who are so free from the affections of the body that they do not stand in the way of the common good. It must be therefore an essential care of the public schools, to devote to the body the same attention, which is undeniably bestowed upon the mind.

"It is my belief," says Virchow, the great pathologist, "that only one-half of school hours should be devoted to study, and the rest to physical exercises and games," and this is no exaggerated acknowledgement of the necessity of bodily training.

We have already stated that the hypochondriac person cannot be a good citizen. Now every logical thinker will be far from demanding that the school should be an orthopaedic institution. A system, which provides for exercises on the sanitary principle only, is of injury in a school-room and its advocates have never been aware of the many educational demands necessary

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in the instruction of physical culture. Though exclusive orthopaedic exercises, as represented at present by some so-called systems, should unmercifully be expelled from the school room, yet provision should be made to not instruct the pupil intellectually at the expense of his health, nor weaken him by the exercise of the necessary discipline. Health, by the practice of bodily training, shall rather be maintained than restored.

Every one will concede that the tender and rapidly growing body of the child must suffer from the necessity of being confined eight or ten years in the close atmosphere of the school, or private study room. For this reason the constraint of intellectual labor ought to be relieved by the agreeable exercise of his vital powers. "The weaker the body, the more it commands; he stronger it is, the more it obeys," said Jean-Jacques Rousseau in his "Emile," and Juvenal expresses the same thought in his generally imperfectly quoted maxim: "Optandum est, ut sit mens sana, in corpore sano." Thus physical training not only strengthens the bones and muscles, but also corrects the bodily defects arising from evil habits.

The course of instruction can thereby be carried on without interruptions, as the child, always bright, always healthy, never grows sluggish, nor is absent from school.

As the vital powers of the child are kept steadily clear and active, it always pays the teacher the attention that is so necessary for successful instruction. Of equal value in education, with attention, is obedience. The latter is especially promoted through physical exercises, and nothing as much as these can excite a love for obedience, as is known from experience. Knowing this fact, the educator may make the means the end, and profiting by the inclination, may accustom his pupils to obedience. It is a part of human nature, to obey gladly and willingly, where love and true humanity call, and at the same time the fact is evident that attention and obedience are too often wanting in our schools.

When all perform exercises the success of which depends upon the constant attention of the individual, the sense of order is awakened. This is from the nature of things, followed by a sense of duty. Then, since this attentiveness depends on reciprocity, the important consciousness of the dependence of one on the other, of all on all, is called forth. This consciousness tends toward the conquering of an acquired overbearing. The feeling that all are equal, that all have equal rights, originates with the

physical exercises. The public school, maintained by the people, should consider it as its bounden duty to educate citizens for a government of the people.

Who will doubt that by the venture to perform an exercise, a wholesome influence is exerted on the nerves? Courage increases, self-confidence is strengthened; by the measuring of his strength the pupil is guarded against rashness, and by means of a rapid and appropriate use of his strength, and the entire control of every part of his body, his power of will and of action receive their highest development. Jahn, the "father" of modern gymnaestics, says beautifully: "The one grows stronger by the other, grows more vigorous by his strength, is encouraged and elevated himself. One example thus becomes a model, and reaches further than thousand teachings. A noble deed has never been without progeny." And are not all these qualities beautiful and noble enough to give them a home in the temples of the people, in the public schools?

Even the child is subject to moods. How often it is sad and its poor heart sorrowful! During physical exercises which include games, during "work in the garb of joy," the child forgets its grief and it is not the least duty of education to preserve to the child a joyful spirit or to cheer it up. An embittered child is like a withering rose: hardly given to life, it is a victim to death. "In sorrowful hours, when wrath and anxiety and sorrow rose in bitter billows in my heart, so that it seemed as if head and breast would burst, I have, by these exercises, dispelled my cares and acquired oblivion, even though for a few hours, yet they were not to be bought with gold," said Lion, and would it not be a great satisfaction, if we could thus appease the sorrows of a child's heart? Here, ye philanthropists, here apply all your levers and give to youth its rights by giving it physical training. Instead of floral missions and children's balls, at which you preside, let them turn in gay circles, let them enjoy a gladsome romp and run, a bold and daring acting, so that they may grow up healthy and real, to the joy of all, to the satisfaction of themselves, and to the example of posterity.

Rueckert says:

The workman for his work a goodly tool doth need,  
The fighter goodly weapons for the fray,  
Thou fighter of the Lord, and workman, spirit, heed  
That thou treat not thy body in too light a way;  
It is thy working tool, it is thy battle gear.  
Keep thou it well, in work and fight to persevere.

HANS BALLIN.

SANDUSKY, O., Aug. 23, 1891.



## Introductory Remarks.

THE exercises of this book are divided in four principal parts—Exercises in the Seat and at the Desk, Calisthenics in the Aisle, Wand and Dumb-Bell Exercises.

The great advantage of this book over all other books of the same character is that the many illustrations do away with long explanations, which, in many cases, cannot make explicit what the observing eye immediately sees. It must be, however, an observing eye, which detects closely the positions of body and limbs.

*To achieve good results, then, the teacher must follow closely and intelligently the rules of instruction given.*

The exercises of Parts First and Second are divided in three grades, according to the age of the scholars.

The first grade is for scholars of the first and second school year.

The second grade is for scholars of the third and fourth school year.

The third grade is for scholars of the fifth school year and upward.

The Wand and Dumb-Bell Exercises are best practiced by scholars of the last three years of grammar and high schools only. A strict boundary, however, cannot be drawn.

The teacher will find the index compiled by lessons for each grade separately. Beginning with the first lesson, the scholars will learn the fundamental exercises. In a short time all simple exercises will be familiar to them.

The teacher must prepare a lesson previous to teaching it. If a lesson calls for Exercises 100, 200, 300, 400, 500 and 600, the instructor will look for them in the given order.

The Composite Exercises are for scholars of the third grade (fifth school year and upward) only. They may be taken up after a few months' practice.

A lesson should not be abandoned until it is well learned.

After having learned the simple exercises, the lessons are so arranged that all parts of the body, and as many muscles as possible, are put into action, and all educational principles are taken in consideration.

*Do not fear to tire the child's muscles.* It is the aim to do so. Not before having accomplished this, should the exercise be given up.

*At least ten minutes regularly every day and not less, should be devoted to physical culture.* Ten minutes in the forenoon and ten in the afternoon, in the middle of each session is an advisable plan.

The Wand and Dumb-Bell Exercises may be taken alternately with Calisthenies.

The temperature must be moderate and the air pure. Open the windows from above and below in warm weather; from above in colder seasons. Avoid all draught. In cold weather close the windows immediately after exercising.

The scholars should wear loose garments.

The good result in Physical Culture depends to a great extent on the manner the command is given. There are two kinds of commands—the command of *explanation* and the command of *execution*.

The command of explanation is pronounced slowly and should give a clear and short description of the exercise; the mistakes, which are to be avoided, are pointed out in it, but do not waste any more time than is necessary.

The command of execution contains but one word, and should be given decisively and shortly. Between the two commands a sufficient pause must be made to allow the pupils time to think.

All exercises of this book are divided into :

- 1—Simple.
- 2—Simple-compound.
- 3—Successive.
- 4—Alternate.
- 5—Composite.

1—Simple exercises are movements which are performed by the head, trunk and limbs separately.

2—Simple-compound movements require the exercising of different parts of the body at the same time.

3—Successive exercises are simple-compound movements of similar kinds in succession.

4—Alternate exercises are simple or simple-compound movements which are performed alternately.

5—Composite exercises are simple-compound exercises linked together so that each successive motion begins at the end of the preceding.

## EXAMPLES.

1—*Simple.*

Lesson 19—Arms forward—Raise !

Arms—Down !

Raise arms forward—1 ! 2 !

2—*Simple-Compound.*

Lesson 177—Raise heels and arms forward—1 1 2 1

2—*Successive.*

Lesson 398—Raise right and left leg sideward and forward and arms right and left and forward, alternately—1 to 8 !

4—*Alternate.*

Lesson 1028—Raise right (or left) leg sideward and arms sideward—1 ! 2 !

Bend trunk obliquely forward right (or left) and place hands on hips—1 ! 2 !

5—*Composite.*

Lesson 1029—Raise heels and arms forward—1 !

Lower heels and move arms sideward—2 !

As 1 to 3 !

Position (fundamental position)—4 !

We will illustrate by these examples how to practice the different exercises:

1. *Simple.*

Lesson 19—*Arms forward—Raise !* The teacher will give the command of explanation (*arms forward*) slowly and distinctly and then allow the scholars sufficient time to think. If they do not know the exercise, show it to them, or let an able scholar do it for you. Then give the command of execution sharp and short (*Raise !*) The scholars will remain in this position (fig. 16) and the teacher will make the necessary corrections. Be strict, never lenient. Do not undertake to correct all mistakes at the first time. Give now the command, *Arms—Down !* Let them repeat in the same manner until all do it well.

After considerable time has been devoted to teach a new exercise thus, which not necessarily needs to be at the first attempt learned to perfection, the practice, *In Time*, begins. You will announce the exercise thus:

*Raise arms forward, in two counts, in time (pause)—Begin !* and count or rap (with pencil or foot)—1 ! 2 !

This announcement has been shortened all through the book for the sake of convenience and distinct arrangement. The exercise, abbreviated, reads thus:

*Raise arms forward—1 ! 2 !*

Bear this in mind. In the first grade exercise mostly, *not* in time but by command, in the other grades, only when a good result is effected.

*Exercises which afford strength rather than grace and dexterity should seldom be practiced in time.*

In the first grade let the scholars sometimes count with you aloud when you practice with them in time.

The exercising in time may be done without your counting or rapping, giving the scholars the measure previously. *After receiving the command to exercise in time, they do not stop until you command Halt!*

All motion must always be executed at the very moment at which you give the command.

All motion must be executed vigorously and precisely. Each motion must be marked. Exercises which aim to acquire strength or which afford a large motion, will be executed by a somewhat slower count, as bending of trunk or longing and straddle position.

#### 2—*Simple-compound.*

Simple-compound exercises are practiced in the same manner as the simple exercises.

#### 3—*Successive.*

Successive exercises must be learned separately first and then in succession.

Lesson 398, for example, by this mode :

Raise right leg sideward and arms right—1! 2!

After some practice,

Raise right leg sideward and arms left—1! 2!

And then

Raise right leg forward and arms forward—1! 2!

And at last,

Left leg forward and arms forward—1! 2!

#### 4—*Alternate.*

Alternate exercises are learned and practiced well separately.

Lesson 1028—

Raise right leg sideward and arms sideward—1! 2!

This is taught and practiced as explained.

Bend trunk obliquely forward right and hands on hips—1! 2!

Also, and then both exercises alternately:

Raise right leg sideward and arms sideward—1!

Position—2!

Bend trunk obliquely forward right and hands on hips—3!

Position—4!

*Whenever an exercise allows the practice of the left and right side, you must do so without fail.*

Raise right leg sideward and arms sideward—1!

Position—2!

Bend trunk obliquely forward right and hands on hips—3!

Position—4! (Arms are at same time lowered).

Raise left leg sideward and arms sideward—5!

Position—6!

Bend trunk obliquely forward left and hands on hips—7!

Position—8! (Arms are lowered at same time).

*The teacher should not impress the pupils with the idea that an exercise must begin right, but on the contrary, the left side should receive due attention.*

### 5. Composite.

Composite-exercises should invariably be practiced by command. They afford more skill than the preceding.

#### Lesson 1029 (see figure)

Raise heels and arms forward—1!

From this position:

Lower heels and move arms sideward—2!

From this position:

Take the first posture—3!

From this position:

Starting position—4!

*Whenever the exercising of both sides (right and left) is possible do not neglect it.*

Beginning with the second position (2!) you have a different exercise, which you will practise.

Arms sideward—1!

Raise heels and move arms forward—2!

Lower heels and move arms sideward—3!

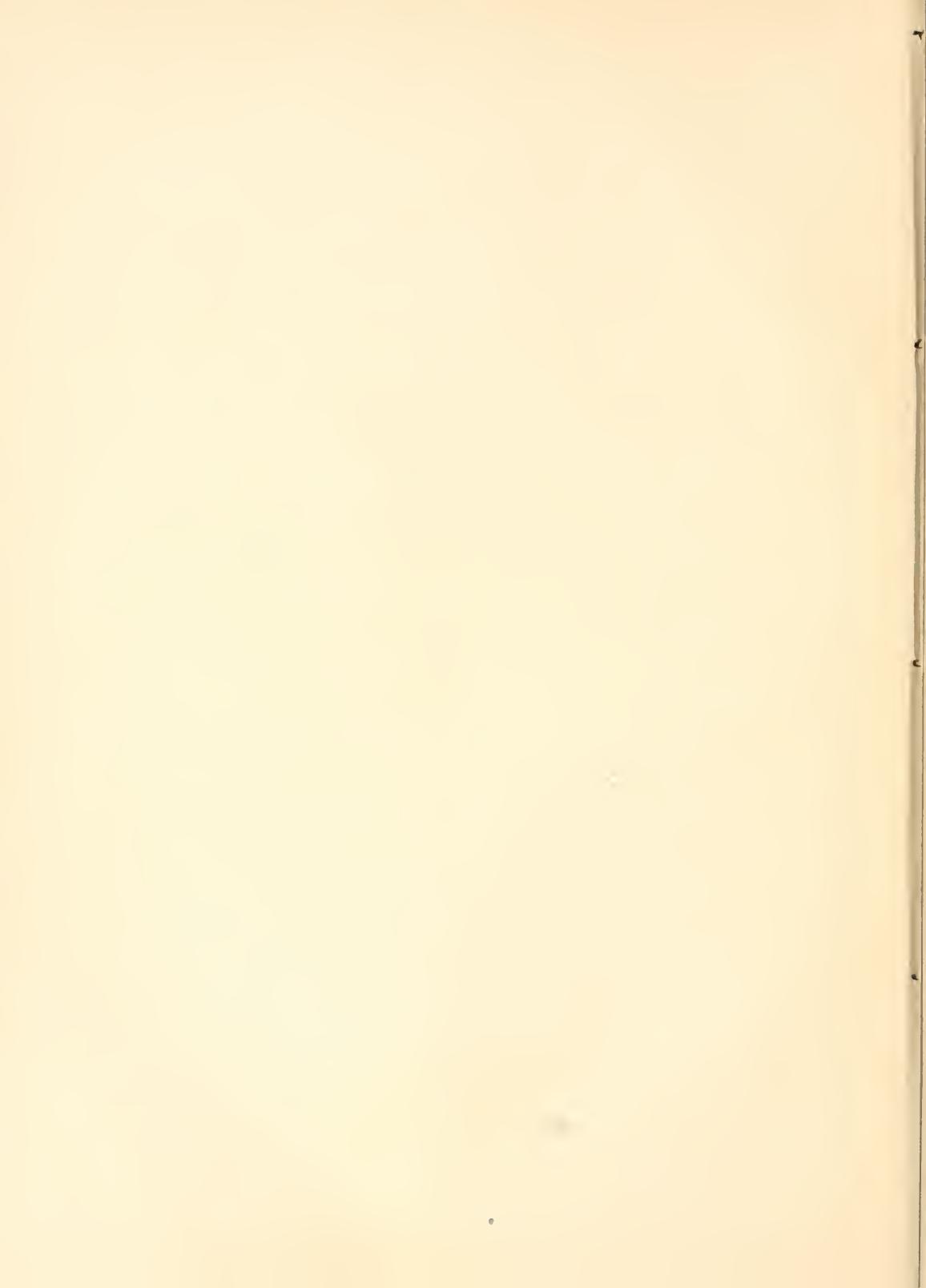
Position—4!

*Never allow a scholar to stand in a disorderly position.*

*Do not correct too much at one time.*

*Make good use of the time. Do not substitute other names for the exercises. You do it at the risk of confusing your scholars.*

Not until Calisthenies are taught for a few months should lessons in Wand and Dumb-Bell Exercises begin. You may begin the Wand Exercise as Lesson No. 1, and proceed. Wand and Dumb-Bell Exercises should never supersede Calisthenies entirely.



# INDEX OF LESSONS.

(LOOK UP AND PREPARE EACH LESSON PREVIOUS TO TEACHING IT.)

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## FIRST AND SECOND SCHOOL YEAR.

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2.....	1, 15, 16, 17, 18, 19, 20	45.....	79, 75, 212, 879, 302, 62
3.....	1, 17, 18, 19, 20, 21	46.....	81, 82, 491, 883, 393, 75
4.....	1, 21, 20, 19, 56, 60	47.....	1, 5, 11, 883, 393, 77
5.....	3, 20, 19, 21, 60, 56	48.....	3, 5, 878, 491, 393, 11
6.....	3, 56, 60, 20, 19, 21, 61	49.....	80, 302, 303, 884, 503, 11
7.....	3, 61, 56, 60, 20, 19, 21	50.....	81, 82, 503, 884, 83, 11
8.....	1, 21, 62, 56, 19, 176, 177	51.....	83, 884, 85, 395, 515, 11
9.....	1, 176, 177, 62, 61, 19, 20	52.....	10, 85, 86, 515, 878, 24, 11
10.....	3, 19, 20, 62, 61, 176, 177	53.....	19, 177, 302, 869, 938, 11
11.....	5, 176, 177, 62, 61, 19, 869	54.....	20, 178, 303, 475, 873, 938
12.....	6 869, 177, 62, 61, 10	55.....	163, 179, 304, 477, 633, 873, 11
13.....	7 869, 23, 177, 56, 61	56.....	23, 181, 417, 478, 844, 938, 874
14.....	8, 61, 56, 869, 177, 220	57.....	24, 181, 305, 876, 939, 11
15.....	9, 229, 61, 869, 177, 23	58.....	25, 50, 187, 305, 875, 939
16.....	10, 23, 178, 869, 220, 56	59.....	51, 52, 875, 876, 477, 938
17.....	24, 178, 869, 23, 177, 220	60.....	10, 53, 54, 88, 417, 418, 11
18.....	50, 178, 869, 51, 177, 220	61.....	86, 189, 878, 486, 879, 874
19.....	50, 51, 52, 869, 220, 61	62.....	86, 87, 189, 481, 633, 884
20.....	52, 869, 229, 179, 23, 24	63.....	55, 57, 191, 883, 940, 11
21.....	52, 869, 873, 179, 24, 229	64.....	57, 58, 192, 310, 419, 904, 10
22.....	229, 230, 873, 869, 24, 179	65.....	58, 59, 193, 311, 420, 964
23.....	52, 229, 178, 873, 24, 179	66.....	59, 163, 194, 313, 477, 476, 11
24.....	10, 20, 178, 220, 873, 52	67.....	64, 65, 195, 230, 875, 940
25.....	65, 230, 231, 873, 20, 179	68.....	68, 69, 196, 231, 315, 878, 985
26.....	20, 65, 230, 229, 873, 869	69.....	70, 71, 197, 232, 317, 844
27.....	66, 74, 230, 220, 869, 20	70.....	75, 77, 193, 884, 899, 11
28.....	56, 66, 179, 181, 67, 869	71.....	124, 89, 845, 910, 964, 230
29.....	181, 66, 67, 24, 873, 232	72.....	90, 92, 231, 483, 488, 869, 987
30.....	232, 181, 73, 25, 869, 183	73.....	92, 93, 199, 271, 302, 907, 10
31.....	183, 73, 25, 874, 67, 220	74.....	94, 95, 634, 640, 869, 11, 983
32.....	73, 60, 874, 230, 181, 869	75.....	945, 90, 97, 163, 248, 427
33.....	875, 55, 232, 474, 178, 61	76.....	428, 945, 869, 901, 488, 486, 986
34.....	474, 869, 875, 57, 230, 25	77.....	488, 490, 642, 128, 124, 920
35.....	475, 873, 58, 234, 67, 181	78.....	920, 941, 492, 495, 201, 11
36.....	475, 487, 869, 873, 66, 229	79.....	502, 98, 99, 429, 430, 909, 993
37.....	487, 73, 183, 232, 56, 20	80.....	910, 921, 970, 433, 441, 911, 10
38.....	21, 62, 487, 229, 869, 25	81.....	921, 970, 615, 100, 101, 11, 999
39.....	10, 24, 63, 488, 248, 870, 74	82.....	615, 969, 970, 921, 102, 103
40.....	74, 20, 488, 248, 870, 75	83.....	104, 125, 497, 44', 846, 899
41.....	75, 76, 249, 877, 486, 60	84.....	105, 106, 59, 181, 271, 11
42.....	76, 77, 250, 77, 78, 251, 878	85.....	921, 869, 942, 408, 847, 11
43.....	400, 250, 77, 78, 251, 878	86.....	940, 922, 203, 107, 409, 643, 10

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88	120, 127, 644, 926, 943, 257	120	619, 620, 80, 92, 179, 453
89	130, 131, 258, 809, 500, 504	121	93, 90, 177, 621, 623, 11
90	505, 506, 132, 133, 928, 11	122	57, 58, 921, 624, 625, 273
91	505, 506, 134, 135, 970, 873, 1000	123	190, 273, 624, 626, 878
92	138, 141, 509, 510, 215, 217, 11	124	275, 164, 875, 627, 628, 11
93	142, 143, 875, 920, 968, 208	125	875, 615, 125, 453, 967, 444
94	200, 144, 145, 250, 261, 899, 1001	126	57, 177, 230, 295, 444, 869
95	899, 907, 147, 148, 515, 516, 10	127	295, 58, 418, 299, 615, 618, 11
96	510, 965, 847, 88, 177, 149, 1003	128	920, 299, 297, 124, 618, 300
97	150, 226, 921, 958, 452, 11	129	301, 583, 271, 901, 505, 11
98	453, 262, 151, 152, 505, 506, 1005	130	506, 297, 303, 271, 615, 970
99	505, 506, 227, 229, 878	131	869, 920, 57, 177, 271, 11
100	220, 878, 157, 160, 848, 263, 1010	132	302, 921, 618, 271, 453, 583
101	270, 517, 518, 165, 900, 11	133	597, 899, 248, 455, 1000, 310
102	900, 901, 166, 167, 317, 329, 1010	134	518, 126, 903, 969, 487, 230
103	901, 108, 169, 270, 272, 453	135	229, 883, 88, 574, 964, 987
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106	337, 339, 458, 406, 577, 578	138	1001, 492, 487, 873, 273, 11
107	581, 582, 849, 899, 901, 505	139	844, 179, 231, 900, 75, 993
108	583, 584, 86, 87, 901, 11	140	518, 621, 945, 903, 504, 273
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110	589, 590, 258, 163, 87, 453	142	487, 618, 847, 902, 441, 258
111	590, 597, 453, 666, 899, 938	143	177, 299, 901, 453, 1005, 11
112	597, 598, 607, 873, 939, 453, 10	144	477, 302, 492, 964, 430, 65
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116	613, 614, 124, 125, 878, 11	148	271, 181, 583, 455, 965, 477
117	615, 616, 126, 136, 901, 969	149	518, 967, 504, 190, 1005, 11
118	617, 618, 137, 94, 907, 248	150	646, 615, 271, 177, 57, 11

## THIRD AND FOURTH SCHOOL YEAR.

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1	1, 15, 16, 17, 18, 19	19	50, 51, 52, 860, 220, 61, 218, 235
2	1, 15, 16, 17, 18, 19, 20, 22	20	52, 860, 220, 179, 23, 24, 880, 251, 252
3	1, 17, 18, 19, 20, 21, 22	21	52, 869, 873, 170, 24, 220, 253, 254
4	1, 21, 20, 19, 56, 60, 26	22	220, 230, 873, 800, 24, 170, 255, 260
5	3, 20, 19, 21, 60, 56, 26, 27	23	52, 229, 178, 873, 24, 179, 274, 276
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7	3, 61, 50, 60, 20, 19, 21, 30, 31	25	65, 230, 231, 873, 20, 179, 870, 880
8	1, 21, 62, 56, 19, 176, 177, 32, 33	26	20, 65, 230, 229, 873, 800, 884
9	1, 170, 177, 62, 61, 19, 20, 34, 35	27	66, 74, 230, 229, 869, 20, 423, 885
10	3, 19, 20, 62, 61, 170, 177, 30, 37	28	56, 66, 179, 181, 67, 869, 872
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12	6, 869, 177, 62, 61, 19, 46, 47	30	232, 181, 73, 25, 869, 183, 424, 280
13	7, 869, 23, 177, 56, 61, 48, 49	31	183, 73, 25, 874, 67, 220, 890
14	8, 61, 56, 869, 177, 229, 870, 72, 158	32	73, 60, 874, 230, 181, 869, 425
15	9, 220, 61, 869, 177, 23, 150, 160	33	875, 55, 232, 474, 178, 61, 871
16	10, 23, 178, 869, 229, 50, 871, 161, 162	34	474, 869, 875, 57, 230, 25, 923, 278
17	24, 178, 869, 23, 177, 220, 103, 175	35	475, 873, 58, 234, 67, 181, 477
18	50, 178, 869, 51, 177, 220, 872, 184, 214	36	475, 487, 869, 873, 60, 229, 426

<i>Lesson.</i>	<i>Exercises.</i>	<i>Lesson.</i>	<i>Exercises.</i>
37.....487, 73, 183, 232, 56, 20, 482		80.....910, 921, 970, 433, 441, 911, 10,	
38.....21, 62, 487, 220, 869, 25, 870		952, 309, 286	
39..10, 24, 63, 488, 248, 870, 74, 431, 279		81.....921, 970, 615, 100, 101, 11, 995,	
40.....74, 20, 488, 248, 876, 75, 880		932, 504, 645	
41.....75, 76, 249, 877, 489, 60, 432, 885		82..615, 969, 970, 921, 102, 103, 933,	
42.....70, 77, 250, 878, 489, 490, 844, 849		641, 652	
43..490, 250, 77, 78, 251, 878, 882, 845, 847		83..104, 125, 497, 442, 846, 899, 953,	
44.....870, 878, 78, 489, 302, 25, 840, 852		321, 606	
45..70, 75, 212, 879, 302, 02, 885, 848, 850		84....105, 106, 59, 181, 271, 11, 934,	
46.....81, 82, 491, 883, 303, 75, 853, 851		311, 287	
47.....1, 5, 11, 883, 303, 77, 955, 886, 118		85.....921, 899, 942, 498, 847, 11, 954,	
48.....3, 5, 878, 491, 303, 11, 970, 887, 119		505, 651	
49..80, 302, 303, 884, 503, 11, 056, 852, 120		86....946, 922, 203, 107, 499, 643, 10,	
50....81, 82, 503, 884, 83, 11, 121, 888, 123		935, 565, 288	
51..83, 884, 85, 395, 515, 11, 957, 853, 174		87....126, 129, 213, 970, 912, 443, 989,	
52..10, 85, 86, 515, 878, 24, 11, 970, 889, 175		936, 290, 324	
53..19, 177, 302, 869, 938, 11, 902, 854, 885		88..126, 127, 644, 926, 943, 257, 282,	
54..20, 178, 303, 475, 873, 938, 204, 800, 205		345, 366	
55..163, 179, 304, 477, 633, 873, 11, 693,		89..130, 131, 258, 869, 500, 504, 990,	
855, 878		937, 306, 493	
56..23, 181, 417, 478, 844, 938, 874, 206,		90....505, 506, 132, 133, 928, 11, 906	
547, 548		349, 472	
57..24, 181, 305, 876, 939, 11, 966, 549, 550		91....505, 506, 134, 135, 970, 873, 1000,	
58..25, 50, 187, 305, 875, 939, 207, 551, 12		991, 457, 367, 655	
59....51, 52, 875, 876, 477, 938, 970, 12, 13		92....138, 141, 509, 510, 215, 217, 11,	
60..10, 53, 54, 88, 417, 418, 11, 856, 12, 14		970, 360, 494	
61..86, 180, 878, 480, 879, 874, 857, 12, 13		93....142, 143, 875, 920, 968, 208,	
62...86, 87, 189, 481, 633, 884, 893, 12, 13		992, 419, 312, 470	
63....55, 57, 191, 883, 940, 11, 918, 239, 240		94..209, 144, 145, 259, 261, 899, 1001,	
64.....57, 58, 192, 310, 419, 964, 10,		997, 908, 368, 591	
988, 241, 542		95....899, 967, 147, 148, 515, 516, 10,	
65..58, 59, 193, 311, 420, 964, 919, 243, 244		913, 323, 592	
66..50, 193, 194, 313, 477, 476, 11, 947,		96....516, 965, 847, 88, 177, 149, 1003,	
245, 246		998, 281, 369, 469	
67..64, 65, 195, 230, 875, 940, 923, 247, 552		97....150, 226, 921, 958, 452, 11, 970,	
68..68, 69, 196, 231, 315, 878, 985, 948,		370, 654	
307, 553		98..453, 262, 151, 152, 505, 506, 1005,	
69....470, 71, 197, 232, 317, 844, 924, 554		1002, 915, 314, 471	
70..75, 77, 198, 884, 809, 11, 949, 284, 585		99....505, 506, 227, 229, 878, 461,	
71....124, 89, 845, 910, 964, 230, 925,		361, 501	
586, 659		100....229, 878, 157, 160, 848, 263,	
72..90, 92, 231, 483, 488, 899, 987, 870,		1010, 1004, 916, 353, 371	
560, 648		101....270, 517, 518, 165, 900, 11, 283,	
73..92, 93, 199, 271, 302, 907, 10, 927,		359, 372	
308, 603		102....900, 901, 166, 167, 317, 320,	
74..94, 95, 634, 640, 869, 11, 983, 950,		1019, 1006, 917, 362, 502	
561, 660		103....901, 168, 169, 270, 272, 453, 462,	
75..945, 96, 97, 163, 248, 427, 929, 322, 658		319, 507	
76....428, 945, 899, 901, 488, 489, 986,		104....453, 170, 171, 273, 875, 11,	
951, 310, 285		1007, 110, 373, 510	
77....488, 490, 642, 128, 124, 920, 980,		105....57, 58, 177, 178, 869, 873, 10,	
562, 647		111, 325, 593	
78....920, 941, 492, 495, 201, 11, 890,		106....337, 339, 458, 466, 577, 578,	
607, 653		1008, 112, 511, 657	
79..202, 98, 99, 429, 430, 909, 993, 931,		107....581, 582, 849, 899, 901, 505, 113,	
323, 563		320, 566	

<i>Lesson.</i>	<i>Exercises.</i>	<i>Lesson.</i>	<i>Exercises.</i>
108 ..	583, 584, 86, 87, 901, 11, 1009, 800, 320, 374	126 ..	57, 177, 230, 295, 444, 809, 1021, 904, 381, 639
109 ..	583, 588, 970, 878, 124, 271, 1020, 1011, 972, 355, 375	127 ..	205, 58, 418, 299, 615, 618, 11, 981, 332, 382
110 ..	580, 590, 258, 103, 87, 453, 859, 348, 634	128 ..	920, 299, 297, 124, 628, 300, 1022, 995, 351, 622
111 ..	590, 597, 453, 660, 899, 938, 1012, 973, 354, 663	129 ..	301, 583, 271, 901, 505, 11, 334, 440, 982
112 ..	597, 598, 607, 873, 930, 453, 10, 861, 327, 376	130 ..	506, 297, 303, 271, 615, 970, 335, 447
113 ..	500, 601, 125, 852, 341, 921, 1014, 974, 377, 635	131 ..	860, 920, 57, 177, 271, 11, 1024, 493, 567
114 ..	602, 605, 126, 853, 920, 11, 862, 353, 445	132 ..	302, 921, 618, 271, 453, 583, 448, 516
115 ..	583, 612, 86, 87, 258, 869, 975, 347, 636	133 ..	597, 899, 248, 455, 1000, 310, 1026, 330, 568
116 ..	613, 614, 124, 125, 878, 11, 1015, 803, 328, 436	134 ..	518, 126, 903, 969, 487, 230, 449, 972
117 ..	615, 616, 126, 136, 601, 969, 976, 352, 615	135 ..	220, 883, 88, 574, 964, 987, 356, 522
118 ..	617, 618, 137, 94, 907, 248, 866, 378, 637	136 ..	574, 492, 878, 616, 250, 164, 1027, 464
119 ..	618, 616, 95, 90, 250, 181, 10, 1016, 977, 332, 437	137 ..	506, 520, 875, 618, 428, 981, 523, 983
120 ..	619, 620, 80, 92, 179, 453, 867, 379, 614	138 ..	1001, 492, 487, 873, 273, 11, 338, 665
121 ..	93, 99, 177, 621, 623, 11, 978, 330, 434	139 ..	844, 179, 231, 900, 75, 993, 405, 673
122 ..	57, 58, 921, 624, 625, 273, 1017, 804, 349, 620	140 ..	518, 621, 945, 993, 504, 273
123 ..	190, 273, 624, 626, 878, 979, 380, 438	141 ..	477, 164, 920, 444, 75, 11, 1014, 524, 676
124 ..	275, 164, 875, 627, 628, 11, 1018, 902, 331, 616	142 ..	487, 618, 847, 902, 441, 258, 450, 528
125 ..	875, 615, 125, 453, 967, 444, 980, 350, 435	143 ..	177, 290, 901, 453, 1005, 11, 340, 669
		144 ..	477, 302, 492, 964, 430, 65, 1000, 527, 681
		145 ..	965, 899, 62, 505, 633, 589, 451, 970
		146 ..	921, 968, 75, 487, 640, 421, 345, 539
		147 ..	504, 921, 597, 968, 103, 1000, 467, 671
		148 ..	271, 181, 583, 455, 995, 477, 455, 498
		149 ..	518, 967, 504, 190, 1005, 11, 340, 664
		150 ..	640, 615, 271, 177, 57, 11, 455, 570

## FIFTH SCHOOL YEAR AND UPWARD.

<i>Lesson.</i>	<i>Exercises.</i>	<i>Lesson.</i>	<i>Exercises.</i>
1 ..	1, 15, 16, 17, 18, 10	14 ..	8, 61, 56, 860, 177, 229, 870, 72, 158
2 ..	1, 15, 16, 17, 18, 10, 20, 22	15 ..	9, 220, 61, 860, 177, 23, 150, 160, 864
3 ..	1, 17, 18, 19, 20, 21, 22	16 ..	10, 23, 178, 869, 229, 56, 871, 161, 162, 805
4 ..	1, 21, 20, 19, 50, 60, 20	17 ..	24, 178, 869, 23, 177, 220, 163, 175, 868, 801
5 ..	3, 20, 19, 21, 60, 50, 20, 27	18 ..	50, 178, 869, 51, 177, 220, 872, 184, 214, 236, 185
6 ..	3, 50, 60, 20, 19, 21, 61, 28, 29	19 ..	50, 51, 52, 860, 220, 61, 218, 235, 237, 186
7 ..	3, 61, 50, 60, 20, 19, 21, 30, 31	20 ..	52, 860, 220, 179, 23, 24, 880, 251, 252, 238, 864
8 ..	1, 21, 62, 50, 10, 170, 177, 32, 33	21 ..	52, 869, 873, 179, 24, 220, 253, 254, 256, 678
9 ..	1, 170, 177, 62, 61, 10, 20, 34, 35		
10 ..	3, 10, 20, 62, 61, 176, 177, 36, 37		
11 ..	5, 170, 177, 62, 61, 10, 860, 44, 45, 39, 40		
12 ..	6, 869, 177, 62, 61, 10, 46, 47, 41, 42		
13 ..	7, 860, 23, 177, 56, 61, 48, 49, 43		

<i>Lesson.</i>	<i>Exercises.</i>	<i>Lesson.</i>	<i>Exercises.</i>
22 ... 229, 230, 873, 860, 24, 179, 255, 260, 679, 678		54...20, 178, 303, 475, 873, 938, 204, 890, 205, 773, 729	
23 52, 229, 178, 873, 24, 179, 274, 270, 681, 682		55...103, 179, 304, 477, 633, 873, 11, 933, 855, 878, 774, 775	
24...19, 20, 178 229, 873, 52, 277, 422, 683, 684		56...23, 181, 417, 478, 844, 938, 874, 206, 547, 548, 776, 721	
25...65, 230, 231, 873, 20, 179, 870, 880, 685, 686		57...24 181, 305, 876, 939, 11, 906, 549, 550, 777, 778	
26...20, 65, 230, 229, 873, 869, 884, 687, 688		58...25, 50, 187, 305, 875, 939, 207, 551, 12, 630, 779	
27...66, 74, 230, 229, 869, 20, 423, 885, 689, 690		59...51, 52, 875, 876, 477, 938, 970, 12, 13, 931, 722	
28 ... 56, 66, 179, 181, 67, 869, 872, 601, 439		60...10, 53, 54, 188, 417, 418, 11, 850, 12, 14, 294, 780	
29....181, 66, 67, 24, 873, 232, 871, 692, 740		61...86, 189, 878, 480, 879, 874, 857, 12, 13, 638, 781	
30...232, 181, 73, 25, 869, 183, 424, 280, 693, 741		62...86, 87, 189, 481, 633, 884, 893, 12, 13, 632, 723	
31 ... 183, 73, 25, 874, 67, 229, 890, 291, 695		63...55, 57, 191, 883, 940, 11, 918, 239, 240, 490, 556	
32...73, 69, 874, 230, 181, 869, 425, 694, 742		64...57, 58, 192, 310, 419, 964, 10, 988, 241, 242, 401, 704	
33...875, 55, 232, 474, 178, 61, 871, 440, 696		65...58, 59, 193, 311, 420, 964, 910, 243, 244, 393, 557	
34...474, 869, 875, 57, 230, 25, 923, 278, 697, 743		66...59, 163, 194, 313, 477, 470, 11, 947, 245, 246, 492, 746	
35...475, 873, 58, 234, 67, 181, 477, 292, 698		67...64, 65, 195, 230, 875, 940, 923, 247, 552, 705, 747	
36....475, 487, 869, 873, 66, 229, 426, 484, 699		68...68, 69, 196, 231, 315, 878, 985, 948, 307, 553, 558, 709	
37...487, 73, 183, 232, 56, 20, 482, 485, 700		69...470, 71, 197, 232, 317, 844, 924, 554, 559, 748	
38 ... 21, 62, 487, 229, 869, 25, 870, 701, 744		70...75, 77, 198, 884, 899, 11, 940, 284, 585, 493, 707	
39...10, 24, 63, 488, 248, 876, 74, 431, 486, 702		71...124, 89, 845, 910, 964, 230, 925, 586, 950, 749, 708	
40...74, 20, 488, 248, 876, 75, 880, 293, 703		72...90, 92, 231, 483, 488, 899, 987, 870, 560, 648, 709, 858	
41...75, 76, 249, 877, 489, 60, 432, 885, 279, 473, 745		73...92, 93, 199, 271, 302, 907, 10, 927, 308, 603, 304, 759	
42...76, 77, 250, 878, 489, 490, 844, 846, 153, 154		74...94, 95, 634, 640, 869, 11, 983, 950, 561, 600, 751, 864	
43...490, 250, 77, 78, 251, 878, 882, 845, 847, 155, 156		75...945, 96, 97, 163, 248, 427, 920, 322, 638, 44, 710	
44 879, 878, 78, 489, 302, 25, 849, 852, 714, 761		76...428, 945, 899, 901, 488, 489, 980, 951, 310, 285, 711, 752	
45 ... 79, 75, 212, 879, 302, 62, 885, 848, 850, 715, 762		77...488, 490, 642, 128, 124, 920, 980, 592, 647, 753, 711	
46...81, 82, 491, 883, 303, 75, 853, 851, 763, 764		78...920, 941, 492, 495, 201, 11, 890, 607, 653, 495, 754	
47...1, 5, 11, 883, 303, 77, 955, 886, 118, 716, 765		79...202, 98, 99, 429, 430, 909, 993, 931, 323, 563, 755, 756	
48...3, 5, 878, 491, 303, 11, 970, 887, 110, 766, 767		80...910, 921, 970, 433, 441, 911, 10, 952, 300, 286, 406, 757	
49 80, 302, 303, 884, 503, 11, 959, 852, 120, 717, 768		81...921, 970, 615, 100, 101, 11, 995, 932, 564, 645, 712, 758	
50...81, 82, 503, 884, 83, 11, 121, 888, 123, 769, 770			
51...83, 884, 85, 305, 515, 11, 957, 853, 174, 771, 718			
52...10, 85, 86, 515, 878, 24, 11, 970, 880, 175, 772, 719			
53...19, 177, 302, 809, 938, 11, 962, 854, 885, 101)			

<i>Lesson.</i>	<i>Ex. 1st.</i>	<i>Lesson.</i>	<i>Exercise.</i>
82.....015, 090, 070, 021, 102, 103, 033, 041, 052, 407, 713		110.....589, 590, 258, 163, 87, 453, 859, 348, 634, 544, 728, 996	
83.....104, 125, 497, 442, 840, 890, 053, 321, 606, 759, 760		111.....596, 597, 453, 660, 899, 938, 1012, 973, 354, 663, 538, 794	
84.....105, 106, 59, 181, 271, 11, 934, 311, 287, 408, 529		112.....597, 598, 667, 873, 939, 453, 10, 861, 327, 376, 392, 795, 888	
85.....921, 890, 942, 498, 847, 11, 954, 565, 651, 383, 782		113.....599, 001, 125, 852, 341, 921, 1014, 974, 377, 635, 539, 796, 1013	
86.....946, 922, 203, 107, 499, 643, 10, 035, 505, 288, 496, 783		114.....602, 605, 126, 853, 920, 11, 862, 353, 445, 797, 798, 570	
87.....126, 129, 213, 970, 912, 443, 989, 930, 290, 324, 409, 531		115.....583, 612, 86, 87, 258, 899, 975, 347, 636, 393, 799, 1023	
88.....126, 127, 644, 026, 943, 257, 282, 345, 366, 384, 555		116.....613, 614, 124, 125, 878, 11, 1015, 803, 328, 436, 800, 729, 889	
89.....130, 131, 258, 890, 500, 504, 990, 937, 306, 493, 502, 724		117.....615, 616, 126, 136, 901, 969, 976, 352, 615, 545, 800, 1025	
90.....505, 506, 132, 133, 928, 11, 906, 349, 472, 410, 532		118.....617, 618, 137, 94, 997, 248, 800, 378, 637, 394, 730, 600	
91.....505, 506, 134, 135, 970, 873, 1000, 991, 457, 367, 655, 385, 784		119.....618, 616, 95, 96, 250, 181, 10, 1016, 977, 332, 437, 549, 801	
92.....138, 141, 509, 510, 215, 217, 11, 970, 360, 494, 512, 785		120.....619, 620, 80, 02, 179, 453, 867, 379, 614, 649, 802, 571	
93.....142, 143, 875, 020, 905, 208, 902, 410, 312, 470, 411, 533		121.....93, 90, 177, 621, 623, 11, 978, 330, 434, 395, 803, 1028	
94.....209, 144, 145, 250, 261, 899, 1001, 097, 008, 308, 501, 386, 725		122.....57, 58, 921, 624, 625, 273, 1017, 804, 349, 629, 541, 656, 573	
95.....899, 967, 147, 148, 515, 516, 10, 013, 323, 502, 513, 534		123.....190, 273, 624, 626, 878, 979, 380, 438, 546, 804, 594	
96.....516, 065, 847, 88, 177, 149, 1093, 008, 281, 309, 490, 412, 780		124.....275, 164, 875, 027, 628, 11, 1018, 002, 331, 616, 396, 542, 575	
97.....150, 226, 921, 058, 452, 11, 070, 370, 654, 387, 535		125.....875, 615, 125, 453, 967, 444, 980, 350, 435, 650, 805	
98.....453, 262, 151, 152, 505, 506, 1005, 1002, 015, 314, 474, 514, 787		126.....57, 177, 230, 205, 444, 860, 1021, 004, 381, 630, 397, 398, 580	
99.....505, 506, 227, 229, 878, 461, 301, 501, 413, 788		127.....295, 58, 418, 209, 615, 618, 11, 981, 332, 382, 661, 806, 587	
100.....229, 878, 157, 160, 848, 203, 1010, 1004, 910, 358, 371		128.....920, 299, 297, 124, 628, 300, 1022, 095, 351, 622, 600, 807, 608	
101.....270, 517, 518, 165, 000, 11, 283, 359, 372, 388, 536		129.....301, 583, 271, 901, 505, 11, 334, 440, 082, 732, 808, 604	
102.....000, 001, 160, 167, 317, 329, 1019, 1006, 017, 302, 502, 526, 720		130.....506, 207, 303, 271, 615, 970, 335, 447, 809, 810, 731	
103.....001, 168, 169, 270, 272, 453, 402, 310, 507, 414, 789		131.....869, 020, 57, 177, 271, 11, 1024, 463, 567, 610, 811, 595	
104.....453, 170, 171, 273, 875, 11, 1007, 110, 373, 510, 416, 537		132.....302, 021, 618, 271, 453, 583, 448, 510, 812, 733	
105.....57, 58, 177, 178, 804, 873, 10, 111, 325, 503, 415, 389		133.....597, 800, 248, 455, 1000, 316, 1026, 336, 508, 813, 814	
106.....537, 330, 458, 406, 577, 578, 1008, 112, 511, 057, 390, 790, 994		134.....518, 126, 903, 060, 487, 230, 449, 072, 011, 815	
107.....581, 582, 840, 899, 901, 503, 113, 320, 560, 727, 791		135.....220, 883, 88, 574, 004, 987, 350, 522, 675, 816	
108.....583, 584, 80, 87, 001, 11, 1000, 869, 320, 374, 543, 792, 995		136.....574, 492, 878, 610, 250, 164, 1027, 494, 817, 818	
109.....583, 588, 970, 878, 124, 271, 1020, 1011, 972, 355, 375, 391, 793, 599		137.....86, 520, 875, 618, 428, 981, 523, 983, 819, 820	

<i>Lesson.</i>	<i>Exercises.</i>	<i>Lesson.</i>	<i>Exercises.</i>
138..1001, 492, 487, 873, 273, 11, 338, 665, 677, 821		145...965, 899, 62, 505, 633, 589, 451, 670, 843, 739	
139..844, 179, 231, 900, 75, 903, 465, 673, 834, 835		146..921, 968, 75, 487, 640, 421, 345, 530, 738, 842	
140 .....518, 621, 945, 903, 504, 273, 734, 836		147.504, 921, 597, 968, 163, 1009, 467, 671, 740, 858	
141..477, 164, 920, 444, 75, 11, 1014, 524, 676, 735, 837		148..271, 181, 583, 455, 965, 477, 455, 468, 864, 914	
142..487, 618, 847, 902, 441, 258, 459, 528, 838, 736		149..518, 967, 504, 190, 1005, 11, 340, 664, 897, 895	
143..177, 299, 901, 453, 1005, 11, 340, 669, 839, 737		150....646, 615, 271, 177, 57, 11, 455, 576, 896, 898	
144..477, 302, 492, 964, 430, 65, 1006, 527, 981, 840, 841			



PART FIRST.



Exercises in the Seat and at the Desk.

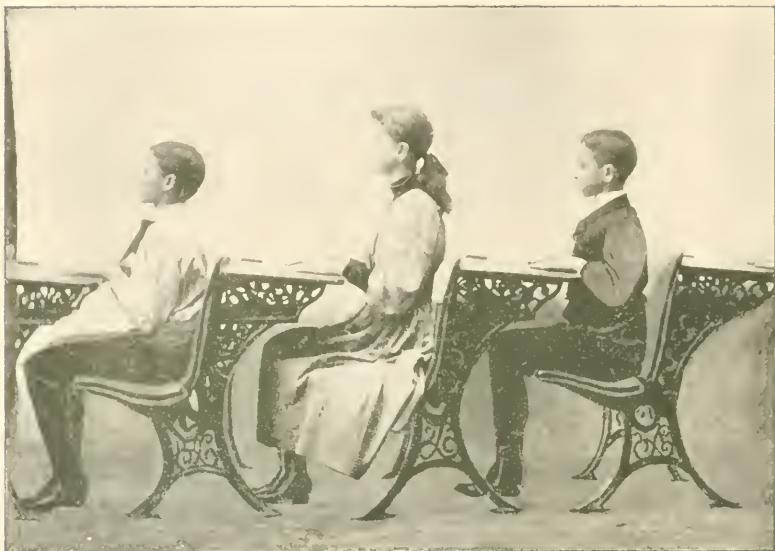


Fig. 1.

1—Sit—Erect! 1! (fig. 1).

Lean—Back! 2! (fig. 2).

2—Sit—Erect!

Arms forward—Straighten! 1! (fig. 3).

Hands on desk—Place! 2! (fig. 1).



Fig. 3.

**3—Sit—Erect!**

Arms backward—Grasp! 1! (fig. 4).

Hands on desk—Place! 2! (fig. 4).

**4—Sit—Erect!**

Arms forward—Straighten! 1! (fig. 3).

Arms backward—Grasp! 2! (fig. 4).



Fig. 3.

**5**—Sit—Erect!

Arms forward—Straighten! (fig. 3).

Clap hands—Clap! 1! 1!

Clap hands twice (or more times)—1! 2!

Hands on desk—Place! (fig 1).



Fig. 4.

**6**—Sit—Erect!

Arms forward—Straighten!

Arms sideward—Move! 2! (fig. 5).

Arms forward—Move! 3! (fig. 3).

Hands on desk—Place! 4! (fig. 1).



Fig. 5.

**7—Sit—Erect !**

Arms sideward—Straighten ! 1 ! (fig. 5).

Hands on desk—Place ! 2 ! (fig. 1).

**8—Sit—Erect !**

Arms sideward—Straighten ! 1 ! (fig. 5).

Arms forward—Move ! 2 ! (fig. 3).

Arms sideward—Move ! 3 ! (fig. 5).

Hand on desk—Place ! 4 ! (fig. 1).



Fig. 6.

**9** —Sit—Erect!

Arms sideward—Straighten! 1! (fig. 5).

Move arms forward and clap hands once (or more times). 2!

Arms sideward—Move! 3! (fig. 5).

Hands on desk—4! (fig. 1).



Fig. 7.

**10**—Bend trunk right (or left)—1! 2! (fig. 6).

Bend trunk right and left, alternately—1 to 4!

Bend trunk right (or left) and straighten left (or right) arm sideward—  
1! 2!

Bend trunk right and left and straighten left and right arm sideward  
alternately—1 to 4!



Fig. 8.

II—Turn right (or left)—Turn!

Lean—Back! 1! (figs. 7 and 8). (Observe position of hands and feet.)

Lean—Forward! 2! (fig. 9).

(Rowing Exercise—Begin! 1! 2!)



Fig. 9.

Rowing—Exercise and straighten right (or left) arm forward (when leaning backward)—1! 2!

Rowing—Exercise and straighten right and left arm forward, alternately  
—1 to 4!

Turn to the front—Turn! (fig. 1.)

**12**—Leaning, position forward  
—1! (fig. 10).

Position—Stand! 2!

Leaning, position forward  
—1!

Raise right (or left) arm  
forward—1! 2!

Raise right and left arm  
forward, alternately—  
1 to 4!



Fig. 10.

**13**—Leaning, position back-  
ward—1! 2! (fig. 11)

Raise right (or left) arm  
forward—1! 2!

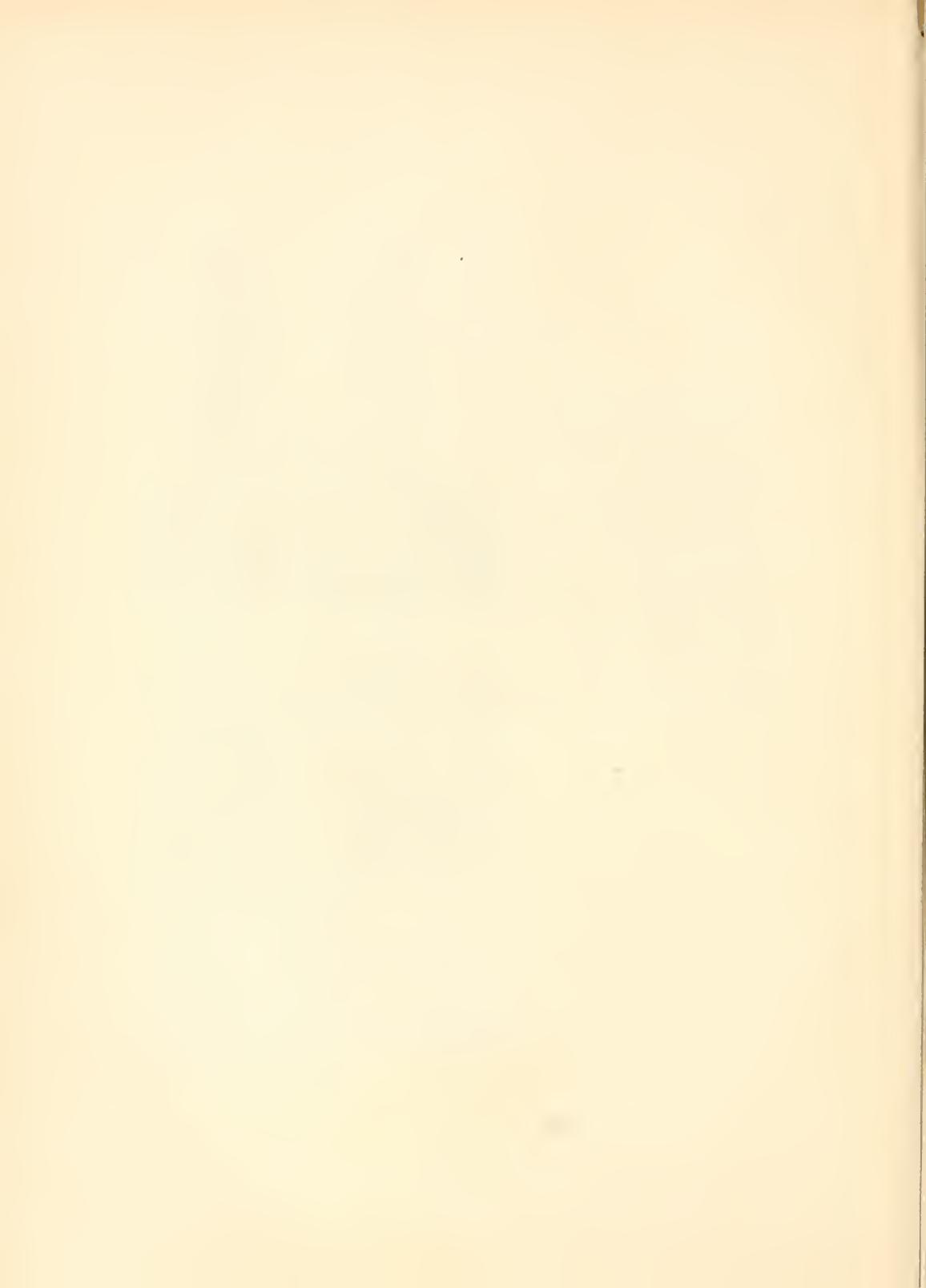
Raise right and left arm  
forward, alternately  
—1 to 4!

**14**—Leaning, position for-  
ward—1!

Raise heels—1! 2!



Fig. 11.



## PART SECOND.

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## CALISTHENICS IN THE AISLE.



Fig. 12.

## I. Simple, Simple-Compound and Successive Exercises.

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### A.—PRELIMINARY EXERCISES.

15—Sit—Erect! (fig. 1.)

Turn right (or left)—Turn! 1! (fig. 12.)

From your seat—Rise! 2! (fig. 13.)

To the front—Turn! 3! (fig. 14.)

Fundamental Position—Stand! (fig. 15.)



Fig. 13.

(Fundamental position in the aisle.)

16—Turn left (or right)—Turn ! 1 ! (fig. 13.)

Sit—Down ! 2 ! (fig. 12.)

Turn to the front—Turn ! 3 ! (fig. 1.)



Fig. 14.

**17**—Sit—Erect! (fig. 1.)

Rise in three counts—1! 2! 3!

(No. 15, figs. 12, 13 and 14.)

**18**—Be seated in three counts—1! 2! 3!

(No. 16, figs. 14, 13, 12 and 1.)

## B.—ARM EXERCISES.

**19**—(Fundamental Position)—Stand! (fig. 15.)

Arms forward—Raise! 1! (fig. 16.)  
Arms—Down! 2! (fig. 15.)

**20**—Arms sideward—Raise! 1! (fig. 17.)

Arms—Down! 2!

**21**—Arms forward upward—Raise! 1!  
(fig. 18.)

Arms—Down! 2!

**22**—Arms sideward upward—Raise! 1!

Arms—Down! 2!

(Arms are raised directly sideward and  
then upward in one motion.)  
(fig. 18.)

**23**—Arms forward—Raise! 1! (fig. 16.)

Arms—Down! 2! (fig. 15.)

Arms sideward—Raise! 3! (fig. 17.)

Arms—Down! 4! (fig. 15.)

(Raise arms forward and sideward,  
alternately—1 to 4! *In Time*,  
four counts. Begin! 1 to 4!  
—Halt!)

**24**—Arms sideward—Raise! 1! (fig. 17.)

Arms—Down! 2! (fig. 15.)

Arms forward—Raise! 3! (fig. 16.)

Arms—Down! 4! (fig. 15.)

(Raise arms sideward and forward,  
alternately—1 to 4! *In time*,  
four counts—Begin! 1 to 4!  
—Halt!)



Fig. 15.



Fig. 16.



Fig. 17.

**25**—Raise arms forward upward and sideward, alternately—1 to 4! In time, four counts—Begin! 1 to 4!—Halt!

**26**—Raise arms sideward and sideward upward, alternately—1 to 4! In time, four counts—Begin! 1 to 4!—Halt!

**27**—Raise arms forward and sideward upward, alternately—1 to 4! In time, four counts—Begin! 1 to 4!—Halt!

**28**—Raise arms sideward upward and sideward, alternately—1 to 4! In time, four counts—Begin! 1 to 4!—Halt!

**29**—Raise arms forward upward and sideward upward, alternately—1 to 4! In time, four counts—Begin! 1 to 4!—Halt!

**30**—Raise arms sideward upward and forward upward, alternately—1 to 4! In time, four counts—Begin! 1 to 4!—Halt!

**31**—Raise arms forward sideward and forward upward, alternately—1 to 6!

**32**—Raise arms forward upward, sideward and forward, alternately—1 to 6!

**33**—Raise arms sideward upward, forward and forward upward, alternately—1 to 6!



Fig. 18.

**34**—Raise arms forward upward, sideward upward and sideward, alternately—1 to 6!

**35**—Raise arms forward, sideward and sideward upward, alternately—1 to 6!

**36**—Raise arms sideward, forward and forward upward alternately—1 to 6!

**37**—Raise arms forward, sideward, forward upward and sideward upward, alternately—1 to 8!

**38**—Raise arms forward, forward upward, sideward and sideward upward, alternately—1 to 8!

**39**—Raise arms sideward, sideward upward, forward and forward upward, alternately—1 to 8!

**40**—Raise arms sideward upward, sideward, forward upward and forward, alternately—1 to 8!

**41**—Raise arms forward upward, forward, sideward upward and sideward, alternately—1 to 8!

**42**—Raise arms sideward, forward upward, sideward upward and forward, alternately—1 to 8!

**43**—Raise arms forward, sideward upward, forward upward and sideward, alternately—1 to 8!



Fig. 19.



Fig. 20.



Fig. 21.

**44**—Arms obliquely forward—1! 2!  
(fig. 19.)

**45**—Arms obliquely forward upward—1!  
2! (fig. 20.)

**46**—Arms obliquely sideward upward—  
1! 2!

**47**—Arms obliquely forward and obliquely  
sideward upward, alternately—  
1 to 4!

**48**—Arms obliquely sideward upward,  
and obliquely forward, alternately  
—1 to 4!

**49**—Arms obliquely forward upward and  
obliquely sideward upward, alter-  
nately—1 to 4!

**50**—Arms right—1! (fig. 21.)

Arms—Down! 2! (fig. 15.)

**51**—Arms left—1! 2!

**52**—Arms right and left, alternately—1  
to 4!

**53**—Arms right (or left)—1!

Move arms (forward) left (or right)—  
2!

Arms down—3!

**54**—Arms right (or left)—1!

Move arms (downward to position)  
left (or right)—2!

Arms down—3!



Fig. 22.

**55**—Arms right (or left)! 1!

Move arms left and right (or right and left) (forward or downward) alternately!—1! 2!

Arms—Down!

**56**—Hands on hips—Place! 1! (fig. 22).

Arms (not hands)—Down! 2!

**57**—Hands on hips—Place!

Arms forward—Straighten! 1! 2!

Arms—Down!

**58**—Hands on hips—Place!

Straighten arms sideward—1! 2!

Arms—Down!

**59**—Hands on hips—Place!

Straighten arms upward (not sideward upward or forward upward—arms are straightened directly upward)  
—1! 2!

Arms—Down!

**60**—Arms backward—Grasp! 1! (fig. 23).

Arms—Down! 2!

Grasp arms backward—1! 2!

**61**—Hands (not arms) on shoulders—  
Place! 1! (fig. 24).

Arms (not hands)—Down! 2!

**62**—Hands on shoulders—Place!

*Strike* arms sideward (see position of hands)—1! 2! (fig. 25). Arms—Down!

**63**—Hands on shoulders—Place!

Strike arms forward (palms upward)—  
1! 2!

Arms—Down!

**64**—Hands on shoulders—Place!

Strike arms sideward and forward,  
alternately—1 to 4!

Arms—Down!



Fig. 23.



Fig. 24.

**65—Hands on shoulders—Place!**

Straighten arms sideward (knuckles upward)—1! 2!

Arms—Down!

**66—Hands on shoulders—Place!**

Straighten arms forward—1! 2!

Arms—Down!

**67—Hands on shoulders—Place!**

Straighten arms upward—1! 2!

Arms—Down!

**68—Hands on shoulders—Place!**

Straighten arms forward and sideward, alternately—1 to 4!

Arms—Down!

**69—Hands on shoulders—Place!**

Straighten arms forward and upward, alternately—1 to 4!

Arms—Down!

**70—Hands on shoulders—Place!**

Straighten arms sideward and forward, alternately—1 to 4!

Arms—Down!

**71—Hands on shoulders—Place!**

Straighten arms sideward and upward, alternately—1 to 4!

Arms—Down!

**72—Hands on shoulders—Place!**

Straighten arms sideward, forward and upward, alternately—1 to 6!

Arms—Down!

**73—Hands backward—Grasp! (fig. 26).**

Arms—Down!



Fig. 25.



Fig. 26.

**74**—Arms to strike—Raise ! 1 ! (fig. 27.)

Arms—Down !

**75**—Arms to strike—Raise !

Strike arms forward—1 ! (back to position fig. 27.)—2 !

Arms—Down !

**76**—Arms to strike before shoulders—  
Raise ! 1 ! (as arms in fig. 28.)

Arms—Down ! 2 !

**77**—Arms to strike before shoulders—  
Raise !

Strike arms sideward—1 ! 2 !

Arms—Down !

**78**—Arms to strike before shoulders—  
Raise !

Strike arms forward—1 ! 2 !  
(Knuckles upward.)

Arms—Down !

**79**—Arms to strike over shoulders—Raise !  
(fig. 29.)

Arms—Down !

**80**—Arms to strike over shoulders—Raise !

Strike arms forward—1 ! 2 !

Arms—Down !

**81**—Arms to strike over shoulders—Raise !

Strike arms upward—1 ! 2 !

Arms—Down !



Fig. 27.



Fig. 28.



Fig. 29.

**82**—Arms to strike over shoulders—Raise!  
(fig. 29.)

Strike arms sideward—1! 2! (Palms forward).

Arms—Down!

**83**—Hands to clap—Raise! 1! (fig. 30).

Arms (not hands)—Down! 2!

**84**—Hands to clap—Raise! (fig. 30.)

Clap hands once (or more times)—  
Clap! 1! (or more counts).

Arms—Down!

**85**—Arms to thrust—Raise! 1! (figs.  
31 & 32.)

Arms—Down! 2!

**86**—Arms to thrust—Raise!

Thrust arms forward—1! 2! (as  
arms in fig. 33).

Arms—Down!

**87**—Arms to thrust—Raise!

Thrust arms sideward—1! 2! (fig.  
34.)

Arms—Down!

**88**—Arms to thrust—Raise!

Thrust arms upward—1! 2! (fig.  
35.)

Arms—Down!

**89**—Arms to thrust—Raise!

Thrust arms downward—1! 2!

Arms—Down!



Fig. 30.

**90—Arms to thrust—Raise!**

Thrust arms backward—1! 2! (fig.  
36).

Arms—Down!

**91—Arms to thrust—Raise!**

Thrust arms forward and sideward,  
alternately—1 to 4!

Arms—Down!

**92—Arms to thrust—Raise!**

Thrust arms sideward and forward,  
alternately—1 to 4!

Arms—Down!

**93—Arms to thrust—Raise!**

Thrust arms forward and upward,  
alternately—1 to 4!

Arms—Down!

**94—Arms to thrust—Raise!**

Thrust arms upward and forward,  
alternately—1 to 4!

Arms—Down!

**95—Arms to thrust—Raise!**

Thrust arms sideward and upward,  
alternately—1 to 4!

Arms—Down!

**96—Arms to thrust—Raise!**

Thrust arms upward and sideward,  
alternately—1 to 4!

Arms—Down!

**97—Arms to thrust—Raise!**

Thrust arms forward and backward,  
alternately—1 to 4!

Arms—Down!



Fig. 31.



Fig. 32.

**98—Arms to thrust—Raise!**

Thrust arms backward and forward,  
alternately—1 to 4!  
Arms—Down!



Fig. 33.

**99—Arms to thrust—Raise!**

Thrust arms sideward and backward,  
alternately—1 to 4!  
Arms—Down!

**100—Arms to thrust—Raise!**

Thrust arms backward and sideward,  
alternately—1 to 4!  
Arms—Down!

**101—Arms to thrust—Raise!**

Thrust arms upward and backward,  
alternately—1 to 4!  
Arms—Down!

**102—Arms to thrust—Raise!**

Thrust arms backward and upward,  
alternately—1 to 4!  
Arms—Down!

**103—Arms to thrust—Raise!**

Thrust arms forward and downward,  
alternately—1 to 4!  
Arms—Down!

**104—Arms to thrust—Raise!**

Thrust arms downward and forward,  
alternately—1 to 4!  
Arms—Down!

**105—Arms to thrust—Raise!**

Thrust arms sideward and downward,  
alternately—1 to 4!  
Arms—Down!



Fig. 34.

**106—Arms to thrust—Raise!**

Thrust arms upward and downward,  
alternately—1 to 4!

Arms—Down!

**107—Arms to thrust—Raise!**

Thrust arms downward and upward,  
alternately—1 to 4!

Arms—Down!

**108—Arms to thrust—Raise!**

Thrust arms forward, sideward and  
upward, alternately—1 to 6!

Arms—Down!

**109—Arms to thrust—Raise!**

Thrust arms forward, sideward and  
backward, alternately—1 to 6!

Arms—Down!

**110—Arms to thrust—Raise!**

Thrust arms forward, sideward, up-  
ward and backward, alternately  
—1 to 8!

Arms—Down!

**111—Arms to thrust—Raise!**

Thrust arms forward, upward, sid-  
ward and backward, alternately  
—1 to 8!

Arms—Down!

**112—Arms to thrust—Raise!**

Thrust arms forward, backward, side-  
ward and upward, alternately—  
1 to 8!

Arms—Down!



Fig. 35.



Fig. 36.

**113—Arms to thrust—Raise !**

Thrust arms sideward, forward, upward  
and backward, alternately—1 to 8!  
Arms—Down !



Fig. 37.

**114—Arms to thrust—Raise !**

Thrust arms sideward, upward, forward  
and backward, alternately—1 to 8!  
Arms—Down !

**115—Arms to thrust—Raise !**

Thrust arms sideward, backward, for-  
ward and upward, alternately—  
1 to 8 !

Arms—Down !

**116—Arms to thrust—Raise !**

Thrust arms backward, forward, side-  
ward and upward, alternately—  
1 to 8 !

Arms—Down !

**117—Arms to thrust—Raise !**

Thrust arms backward, sideward, for-  
ward and upward, alternately—  
1 to 8 !

Arms—Down !

**118—Arms to thrust—Raise !**

Thrust arms backward, upward, side-  
ward and forward, alternately—  
1 to 8 !

Arms—Down !

**119—Arms to thrust—Raise !**

Thrust arms upward, forward, side-  
ward and backward, alternately  
→—1 to 8 !

Arms—Down !



Fig. 38.

**120—Arms to thrust—Raise!**

Thrust arms upward, sideward, forward and backward, alternately—1 to 8!

Arms—Down!

**121—Arms to thrust—Raise!**

Thrust arms upward, backward, forward and sideward, alternately—1 to 8!

Arms—Down!

**122—Arms to thrust—Raise!**

Thrust arms forward, sideward, upward, backward and downward, alternately—1 to 10!

Arms—Down!

**123—Arms to thrust—Raise!**

Thrust arms downward, backward, upward, sideward and forward, alternately—1 to 10!

Arms—Down!

**124—Right (or left) arm to a half circle over head and left (or right) arm on small of back—Raise! 1! 2!**  
(As arms in fig. 37).**125—Arms to a circle over head—Raise!**  
1! 2! (As arms in fig. 38).**126—Right (or left) arm to a half circle over head and left (or right) arm on small of back and snap fingers of right (or left) hand (thumb and middle finger)—Raise! 1! 2!**

Fig. 39.



Fig. 40.



Fig. 41.

**127**—Arms to a circle over head and snap fingers (both hands)—Raise! 1!  
2!

**128**—Arms to a circle forward—Raise!  
1! 2!

**129**—Lower-arms upward to thrust—  
Raise! 1! 2! (fig. 39).

**130**—Lower-arms upward to thrust—  
Raise!

Thrust arms forward—1! 2!  
Arms—Down!

**131**—Lower-arms upward to thrust—  
Raise!

Thrust arms upward—1! 2!  
Arms—Down!

**132**—Lower-arms upward to thrust—  
Raise!

Thrust arms sideward—1! 2!  
Arms—Down!

**133**—Lower-arms upward to thrust—  
Raise!

Thrust arms backward—1! 2!  
Arms—Down!

**134**—Lower-arms upward to thrust—  
Raise!

Thrust arms downward—1! 2!  
Arms—Down!

**135**—Hands behind head—Place! 1! 2!  
(fig. 40.) (Hands do not touch  
head). \*



Fig. 42.

\* In figure 4c a correct carriage of the body is not represented, but the contrary is here shown to illustrate the mistakes which are to be avoided. The weight of the body should be on the ball of the foot; the abdomen should not project, but the chest; head erect! Practice until a correct carriage is accomplished. (See fig. 50.)

**136**—Arms forward—Raise! (starting position). \*

Arms sideward—1! 2!

Arms—Down!

**137**—Arms forward—Raise!

Arms upward—1! 2!

Arms—Down!

**138**—Arms forward—Raise!

Arms backward—1! 2!

Arms—Down!

**139**—Arms forward—Raise!

Arms sideward and upward, alternately—1 to 4!

Arms—Down!

**140**—Arms forward—Raise!

Arms sideward and upward, alternately—1 to 4!

Arms—Down!

**141**—Arms sideward—Raise!

Arms forward—1! 2!

Arms—Down!

**142**—Arms sideward—Raise!

Arms upward—1! 2!

Arms—Down!

**143**—Arms forward—Raise! 1!

Arms sideward—Move! 2!

Arms forward—Move! 3!

Arms—Down! 4!



Fig. 43.



Fig. 44.

\* Exercises 136-147. Scholars always return to starting position of arms.

**144**—Arms sideward—Raise ! 1 !

Arms forward—Move ! 2 !

Arms sideward—Move ! 3 !

Arms—Down ! 4 !

**145**—Arms forward upward—Raise ! 1 !

Arms forward—Lower ! 2 !

Arms upward—Raise ! 3 !

Arms—Down ! 4 !

**146**—Arms sideward upward—Raise ! 1 !

Arms sideward—Lower ! 2 !

Arms upward—Raise ! 3 !

Arms—Down ! 4 !

**147**—Arms sideward—Raise ! 1 !

Lower-arms inward to strike—Bend!  
2 !

Lower-arms outward—Strike ! 3 !

Arms—Down ! 4 !

**148**—Arms backward—Grasp ! 1 !

Hand on hips—Place ! 2 !

Arms backward—Grasp ! 3 !

Arms—Down ! 4 !

**149**—Hands on shoulders—Place ! 1 !

Hands backward—Grasp ! 2 !

Hands on shoulders—Place ! 3 !

Arms—Down ! 4 !

**150**—Hands behind head—Place ! 1 !

Hands on hips—Place ! 2 !

Hands behind head—Place ! 3 !

Arms—Down ! 4 !

**151**—Arms to thrust—Raise ! 1 !

Hands on hips—Place ! 2 !

Arms to thrust—Raise ! 3 !

Arms—Down ! 4 !



Fig. 45.



Fig. 46.

**152**—Hands on hips—Place ! 1 !

Hands on shoulders—Place ! 2 !

Arms backward—Grasp ! 3 !

Arms to thrust—Raise ! 4 !

Arms—Down ! 5 !

**153**—Right (or left) hand on hips and left (or right) hand on shoulder—Place 1 ! 2 ! (fig. 41.)

**154**—Right (or left) hand on hip and left (or right) hand on shoulder and left (or right) hand on hip and right (or left) hand on shoulder, alternately—1 to 4 !

**155**—Right (or left) hand on hip and left (or right) arm forward upward—1 ! 2 !

**156**—Right (or left) hand on hip and left (or right) arm forward upward and left (or right) hand on hip and right (or left) arm forward upward, alternately—1 to 4 !

**157**—Arms right (or left)—Raise ! 1 !

Arms upward—Raise ! 2 !

Arms right (or left)—Lower ! 3 !

Arms—Down ! 4 !

**158**—Arms right (or left)—Raise ! 1 !

Arms upward—Raise ! 2 !

Arms *left* (or right)—Lower ! 3 !

Arms—Down ! 4 !

**159**—Arms right (or left)—Raise ! 1 !

Arms forward—Move ! 2 !

Arms right (or left)—Move ! 3 !

Arms—Down ! 4 !



Fig. 47.



Fig. 48.



Fig. 49.

**160**—Arms right (or left)—Raise! 1!

Arms forward—Move! 2!

Arms *left* (or *right*)—Move! 3!

Arms—Down! 4!

**161**—Arms right—Raise! 1!

Arms forward—Move! 2!

Arms left—Move! 3!

Arms—Down! 4!

Arms left—Raise! 5!

Arms forward—Move! 6!

Arms right—Move! 7!

Arms—Down! 8!



Fig. 50.

**162**—Arms right—Raise! 1!

Arms upward—Raise! 2!

Arms left—Lower! 3!

Arms—Down! 4!

Arms left—Raise! 5!

Arms upward—Raise! 6!

Arms right—Lower! 7!

Arms—Down! 8!

**163**—Arms forward—Straighten! 1! 2!

(Starting position: Fundamental position: Lower-arms are raised as in fig. 27 and from there straightened in the different directions. Raising of Lower-arms and straightening *one count*. The returning motion is the same).

**164**—Arms sideward—Straighten ! 1 ! 2 !

Arms upward—Straighten ! 1 ! 2 !

**165**—Straighten arms sideward and forward, alternately—1 to 4 !

**166**—Straighten arms forward and upward, alternately—1 to 4 !

**167**—Swing arms forward—Swing ! 1 !

1 ! 1 ! (Arms are swung forward and back in one count).

**168**—Swing arms sideward—Swing ! 1 !

1 ! 1 !

**169**—Swing arms forward upward—

Swing ! 1 ! 1 ! 1 !

**170**—Swing arms sideward upward—

Swing ! 1 ! 1 ! 1 !

**171**—Swing arms forward and sideward, alternately—1 ! 2 !

**172**—Swing arms sideward and sideward upward, alternately—1 ! 2 !

**173**—Swing arms forward and forward upward, alternately—1 ! 2 !

**174**—Swing arms forward, sideward, forward upward and sideward upward, alternately—1 to 4 !

**175**—Circle arms right (or left)—Circle ! 1 ! 1 ! (The same as in Exercise 158, but in one slow count).



Fig. 51.



Fig. 52.

## C.—EXERCISES OF THE LEGS.



Fig. 53.

**176**—Raise heels—Raise! 1!  
Lower heels—Lower! 2!

**177**—Raise heels and arms forward—1!  
2! (fig. 41.)

**178**—Raise heels and arms sideward—1!  
2! (fig. 42.)

**179**—Raise heels and arms forward upward—1! 2!

**180**—Raise heels and arms sideward upward—1! 2!

**181**—Raise heels and arms forward and sideward, alternately—1 to 4!

**182**—Raise heels and arms sideward and sideward upward, alternately—1 to 4!

**183**—Raise heels and arms forward and forward upward, alternately—1 to 4!

**184**—Raise heels and arms forward upward and sideward upward, alternately—1 to 4!

**185**—Raise heels and arms forward, sideward, forward upward and sideward upward, alternately—1 to 8!

**186**—Raise heels and arms sideward upward, sideward, forward upward and forward, alternately—1 to 8!



Fig. 54.

**187**—Raise heels and hands on hips—1 !

Lower heels and arms down—2 !

**188**—Raise heels and hands on shoulders  
—1 !

Lower heels and arms down—2 !

**189**—Raise heels and arms to thrust—1 !

Lower heels and arms down—2 !

**190**—Raise heels and arms to a circle over  
head—1 !

Lower heels and arms down—2 !

**191**—Raise heels and arms to a circle for-  
ward—1 !

Lower heels and arms down—2 !

**192**—Raise heels and arms to strike—1 !

Lower heels and arms down—2 !

**193**—Raise heels and arms to strike over  
shoulders—1 !

Lower heels and arms down—2 !

**194**—Raise heels and arms to strike before  
shoulders—1 !

Lower heels and arms down—2 !

**195**—Raise heels and lower arms upward  
to thrust—1 !

Lower heels and arms down—2 !

**196**—Raise heels and straighten arms for-  
ward—1 ! (See exercise 163.)

Lower heels and straighten arms  
down—2 !



Fig. 55.



Fig. 56.



Fig. 57.

**197**—Raise heels and straighten arms upward—1 !

Lower heels and straighten arms down—2 !

**198**—Raise heels and straighten arms sideward—1 !

Lower heels and straighten arms down—2 !

**199**—Raise heels and straighten arms forward and sideward, alternately—1 to 4 !

**200**—Raise heels and straighten arms upward, forward and sideward, alternately—1 to 6 !

**201**—Arms to thrust—Raise !

Raise heels and thrust arms forward—1 ! 2 !

Arms—Down !

**202**—Arms to thrust—Raise !

Raise heels and thrust arms sideward—1 ! 2 !

Arms—Down !

**203**—Arms to thrust—Raise !

Raise heels and thrust arms upward—1 ! 2 !

Arms—Down !

**204**—Arms to thrust—Raise !

Raise heels and thrust arms forward and sideward, alternately—1 to 4 !

Arms—Down !



Fig. 58.

**205—Arms to thrust—Raise!**

Raise heels and thrust arms sideward and upward, alternately—1 to 4!  
Arms—Down!

**206—Arms to thrust—Raise!**

Raise heels and thrust arms forward, upward and sideward, alternately  
—1 to 6!  
Arms—Down!

**207—Arms to thrust—Raise!**

Raise heels and thrust arms sideward, forward and upward, alternately  
—1 to 6!  
Arms—Down!

**208—Hands on shoulders—Place!**

Raise heels and strike arms sideward—1! 2!  
Arms—Down!

**209—Hands on shoulders—Place!**

Raise heels and strike arms forward—1! 2!  
Arms—Down!

**210—Hands on shoulders—Place!**

Raise heels and strike arms sideward and forward, alternately—1 to 4!  
Arms—Down!

**211—Hands on shoulders—Place!**

Raise heels and straighten arms sideward (not strike arms). Position  
of hands as in raising of arms)—1! 2!  
Arms—down!

**212—Hands on shoulders—Place!**

Raise heels and straighten arms forward—1! 2!  
Arms—Down!

**213—Hands on shoulders—Place!**

Raise heels and straighten arms upward—1! 2!  
Arms—Down!

**214—Hands on shoulders—Place!**

Raise heels and straighten arms forward, sideward and upward, alter-  
nately—1 to 6!  
Arms—Down!

**215**—Hands on hips—Place!

Raise heels and straighten arms forward—1! 2!

Arms—Down!

**216**—Hands on hips—Place!

Raise heels and straighten arms sideward—1! 2!

Arms—Down!

**217**—Hands on hips—Place!

Raise heels and straighten arms upward—1! 2!

Arms—Down!

**218**—Hands on hips—Place!

Raise heels and straighten arms forward and sideward, alternately—  
1 to 4!

Arms—Down!

**219**—Hands on hips—Place!

Raise heels and straighten arms upward and sideward, alternately—1 to 4!

Arms—Down!

**220**—Hands on hips—Place!

Raise heels and straighten arms sideward and forward, alternately—  
1 to 4!

Arms—Down!

**221**—Hands on hips—Place!

Raise heels and straighten arms forward, sideward and upward, alternately—1 to 6!

Arms—Down!

**222**—Hands on hips—Place!

Raise heels and straighten arms upward, forward and sideward, alternately—1 to 6!

Arms—Down!

**223**—Raise heels and arms right (or left) —1! 2!

**224**—Raise heels and arms right and left, alternately—1 to 4!

**225**—Arms to strike over shoulders—Raise!

Raise heels and strike arms forward—1! 2!

Arms—Down!

**226**—Arms to strike—Raise!

Raise heels and strike arms forward—1! 2!

Arms—Down!

**227**—Arms to strike before shoulders—Raise!

Raise heels and strike arms sideward—1! 2!

Arms—Down!

**228**—Lower-arms upward to thrust—Raise!

Raise heels and thrust arms forward—1! 2!

Arms—Down!

**229**—Hands on hips—Place!

Bend knees—Bend! 1! (fig. 44.)

Knees—Straighten! 2!

Arms—Down!

**230**—Bend knees and raise arms forward—1! 2! (fig. 45.)**231**—Bend knees and raise arms sideward—1! 2!**232**—Bend knees and raise arms forward upward—1! 2!**233**—Bend knees and raise arms sideward upward—1! 2!**234**—Bend knees and raise arms forward and sideward, alternately—1 to 4!**235**—Bend knees and raise arms forward, sideward and forward upward, alternately—1 to 6!**236**—Bend knees and raise arms forward, sideward, forward upward and sideward upward, alternately—1 to 8!**237**—Bend knees and raise arms sideward upward, forward upward, sideward and forward, alternately—1 to 8!**238**—Bend knees and raise arms forward upward, sideward upward, forward and sideward, alternately—1 to 8!**239**—Bend knees and straighten arms forward—1! 2! (See Lesson 163.)**240**—Bend knees and straighten arms sideward—1! 2!**241**—Bend knees and straighten arms upward—1! 2!**242**—Bend knees and straighten arms forward and sideward, alternately—1 to 4!

**243**—Bend knees and straighten arms forward and upward, alternately—  
1 to 4 !

**244**—Bend knees and straighten arms sideward and upward, alternately  
—1 to 4 !

**245**—Bend knees and straighten arms forward, sideward and upward, alter-  
nately—1 to 6 !

**246**—Bend knees and straighten arms sideward, forward and upward,  
alternately—1 to 6 !

**247**—Bend knees and straighten arms upward, sideward and forward, al-  
ternately—1 to 6 !

**248**—Hands on hips—Place !

Bend knees and straighten arms forward—1 ! 2 !

Arms—Down !

**249**—Hands on hips—Place !

Bend knees and straighten arms sideward—1 ! 2 !

Arms—Down !

**250**—Hands on hips—Place !

Bend knees and straighten arms upward—1 ! 2 !

Arms—Down !

**251**—Hands on hips—Place !

Bend knees and straighten arms forward and sideward, alternately—  
1 to 4 !

Arms—Down !

**252**—Hands on hips—Place !

Bend knees and straighten arms forward and upward, alternately—  
1 to 4 !

Arms—Down !

**253**—Hands on hips—Place !

Bend knees and straighten arms sideward and upward, alternately—1  
to 4 !

Arms—Down !

**254—Hands on hips—Place !**

Bend knees and straighten arms upward and backward, alternately  
—1 to 4 !

Arms—Down !

**255—Hands on hips—Place !**

Bend knees and straighten arms forward, sideward and upward, alter-  
nately—1 to 6 !

Arms—Down !

**256—Hands on hips—Place !**

Bend knees and straighten arms upward, forward, sideward and back-  
ward, alternately—1 to 8 !

Arms—Down !

**257—Bend knees and hands on shoulders—1 ! 2 ! (At 2 ! arms down !)****258—Hands on shoulders—Place !**

Bend knees and strike arms sideward—1 ! 2 ! (Palms upward.)

Arms—Down !

**259—Hands on shoulders—Place !**

Bend knees and strike arms forward—1 ! 2 ! (Palms upward.)

Arms—Down !

**260—Hands on shoulders—Place !**

Bend knees and strike arms sideward and forward, alternately—1 to 4 !

Arms—Down !

**261—Hands on shoulders—Place !**

Bend knees and straighten arms forward—1 ! 2 ! (At 1 ! fig. 45.)

Arms—Down !

**262—Hands on shoulders—Place !**

Bend knees and straighten arms sideward—1 ! 2 !

Arms—Down !

**263—Hands on shoulders—Place !**

Bend knees and straighten arms upward—1 ! 2 !

Arms—Down !

**264—Hands on shoulders—Place!**

Bend knees and straighten arms backward—1! 2!

Arms—Down!

**265—Hands on shoulders—Place!**

Bend knees and straighten arms forward and sideward, alternately—  
1 to 4!

Arms—Down!

**266—Hands on shoulders—Place!**

Bend knees and straighten arms sideward and upward, alternately—  
1 to 4!

Arms—Down!

**267—Hands on shoulders—Place!**

Bend knees and straighten arms upward and backward, alternately—  
1 to 4!

Arms—Down!

**268—Hands on shoulders—Place!**

Bend knees and straighten arms forward, sideward and upward, alternately—1 to 6!

Arms—Down!

**269—Hands on shoulders—Place!**

Bend knees and straighten arms forward, sideward, upward and backward, alternately—1 to 8!

Arms—Down!

**270—Bend knees and raise arms to thrust—1! 2!****271—Arms to thrust—Raise!**

Bend knees and thrust arms forward—1! 2!

Arms—Down!

**272—Arms to thrust—Raise!**

Bend knees and thrust arms sideward—1! 2!

Arms—Down!

**273—Arms to thrust—Raise!**

Bend knees and thrust arms upward—1! 2!

Arms—Down!

**274—Arms to thrust—Raise !**

Bend knees and thrust arms backward—1 ! 2 !

Arms—Down !

**275—Arms to thrust—Raise !**

Bend knees and thrust arms downward—1 ! 2 !

Arms—Down !

**276—Arms to thrust—Raise !**

Bend knees and thrust arms forward and sideward, alternately—1 to 4 !

Arms—Down !

**277—Arms to thrust—Raise !**

Bend knees and thrust arms forward and upward, alternately—1 to 4 !

Arms—Down !

**278—Arms to thrust—Raise !**

Bend knees and thrust arms forward and backward, alternately—1 to 4 !

Arms—Down !

**279—Arms to thrust—Raise !**

Bend knees and thrust arms forward and downward, alternately—1 to 4 !

Arms—Down !

**280—Arms to thrust—Raise !**

Bend knees and thrust arms sideward and forward, alternately—1 to 4 !

Arms—Down !

**281—Arms to thrust—Raise !**

Bend knees and thrust arms sideward and upward, alternately—1 to 4 !

Arms—Down !

**282—Arms to thrust—Raise !**

Bend knees and thrust arms sideward and backward, alternately—1 to 4 !

Arms—Down !

**283—Arms to thrust—Raise !**

Bend knees and thrust arms sideward and downward, alternately—1 to 4 !

Arms—Down !

**284—Arms to thrust—Raise!**

Bend knees and thrust arms upward and forward, alternately—1 to 4!  
Arms—Down!

**285—Arms to thrust—Raise!**

Bend knees and thrust arms upward and sideward, alternately—1 to 4!  
Arms—Down!

**286—Arms to thrust—Raise!**

Bend knees and thrust arms upward and backward, alternately—1 to 4!  
Arms—Down!

**287—Arms to thrust—Raise!**

Bend knees and thrust arms upward and downward, alternately—1 to 4!  
Arms—Down!

**288—Arms to thrust—Raise!**

Bend knees and thrust arms forward, sideward and upward, alternately  
—1 to 6!  
Arms—Down!

**289—Arms to thrust—Raise!**

Bend knees and thrust arms sideward, forward and upward, alternately  
—1 to 6!  
Arms—Down!

**290—Arms to thrust—Raise!**

Bend knees and thrust arms upward, sideward and forward, alternately  
—1 to 6!  
Arms—Down!

**291—Arms to thrust—Raise!**

Bend knees and thrust arms forward, sideward, upward and backward,  
alternately—1 to 8!  
Arms—Down!

**292—Arms to thrust—Raise!**

Bend knees and thrust arms backward, upward, sideward and forward,  
alternately—1 to 8!  
Arms—Down!

**293**—Arms to thrust—Raise !

Bend knees and thrust arms forward, sideward, upward, backward and downward, alternately—1 to 10 !

Arms—Down !

**294**—Arms to thrust—Raise !

Bend knees and thrust arms downward, backward, upward, sideward and forward, alternately—1 to 10 !

Arms—Down !

**295**—Bend knees and arms to strike over shoulders—1! 2! (At 2! arms down.)**296**—Arms to strike over shoulders—Raise !

Bend knees and strike arms forward—1! 2!

Arms—Down !

**297**—Hands behind head—Place !

Bend knees—1! 2!

Arms—Down !

**298**—Bend knees and grasp arms backward—1! 2!**299**—Arms backward—Grasp !

Bend knees—1! 2!

Arms—Down !

**300**—Arms to strike before shoulders—Raise !

Bend knees and strike arms sideward—1! 2!

Arms—Down !

**301**—Hands on hips—Place !

Bend knees and place hands behind head—1! 2!

Arms—Down !

**302**—Hands on hips—Place !

Raise right (or left) leg forward—1! 2! (As leg in fig. 46.)

Arms—Down !

**303**—Hands on shoulders—Place !

Raise right (or left) leg sideward—1! 2! (As leg in fig. 47.)

Arms—Down !

**304**—Arms to strike—Raise!

Raise right (or left) leg backward—1! 2!

Arms—Down!

**305**—Hands on hips—Place!

Raise right (or left) leg forward and straighten arms forward—1! 2!  
(fig. 46.)

Arms—Down!

**306**—Hands on hips—Place!

Raise right (or left) leg forward and straighten arms upward—1! 2!  
Arms—Down!

**307**—Hands on hips—Place!

Raise right (or left) leg forward and straighten arms sideward—1! 2!  
Arms—Down!

**308**—Hands on hips—Place!

Raise right and left leg forward and straighten arms forward and upward, alternately—1 to 4!

Raise right leg forward and straighten arms forward—1! 2!

Raise left leg forward and straighten arms upward—1! 2!

Arms—Down!

**309**—Hands on hips—Place!

Raise right and left leg forward and straighten arms upward and sideward, alternately—1 to 4!

Arms—Down!

**310**—Arms to strike—Raise!

Raise right (or left) leg forward and strike arms forward—1! 2!

Arms—Down!

**311**—Arms to strike—Raise!

Raise right and left leg forward, alternately, and strike arms forward—1 to 4!

Raise right leg forward and strike arms forward—1! 2!

Raise left leg forward and strike arms forward—1! 2!

Arms—Down!

**312**—Arms to strike over shoulders—Raise!

Raise right (or left) leg forward and strike arms upward—1! 2!

Arms—Down!

**313**—Arms to strike over shoulders—Raise!

Raise right (or left) leg forward and strike arms forward—1! 2!

Arms—Down!

**314**—Arms to strike over shoulders—Raise!

Raise right and left leg forward and strike arms upward and forward,  
alternately—1 to 4!

Arms—Down!

**315**—Raise right (or left) leg forward and arms forward—1! 2! (fig. 46.)

**316**—Raise right and left leg forward, alternately, and arms forward—  
1 to 4!

**317**—Raise right (or left) leg forward and arms sideward—1! 2!

**318**—Raise right and left leg forward, alternately, and arms forward—  
1 to 4!

**319**—Raise right (or left) leg forward and arms upward—1! 2!

**320**—Raise right and left leg forward, alternately, and arms upward—  
1 to 4!

**321**—Raise right (or left) leg forward and straighten arms forward—1! 2!  
(See Lesson 163.)

**322**—Raise right and left leg forward, alternately, and straighten arms for-  
ward—1 to 4!

**323**—Raise right (or left) leg forward and straighten arms upward—1! 2!

**324**—Raise right and left leg forward, alternately, and straighten arms  
upward—1 to 4!

**325**—Raise right (or left) leg forward and straighten arms sideward—1! 2!

**326**—Raise right and left leg forward, alternately, and straighten arms side-  
ward—1 to 4!

**327**—Hands on hips—Place!

Raise right (or left) leg sideward and straighten arms forward—1! 2!  
Arms—Down!

**328**—Hands on hips—Place!

Raise right (or left) leg sideward and straighten arms upward—1! 2!  
Arms—Down!

**329—Hands on hips—Place !**

Raise right (or left) leg sideward and straighten arms sideward—1 ! 2 !  
Arms—Down ! (fig. 47.)

**330—Hands on hips—Place !**

Raise right and left leg sideward and straighten arms forward and upward, alternately—1 to 4 !  
Arms—Down !

**331—Hands on hips—Place !**

Raise right and left leg sideward and straighten arms upward and sideward, alternately—1 to 4 !  
Arms—Down !

**332—Arms to strike—Raise !**

Raise right (or left) leg sideward and strike arms forward—1 ! 2 !  
Arms—Down !

**333—Arms to strike—Raise !**

Raise right and left leg sideward, alternately, and strike arms forward—1 to 4 !  
Arms—Down !

**334—Arms to strike over shoulders—Raise !**

Raise right (or left) leg sideward and strike arms upward—1 ! 2 !  
Arms—Down !

**335—Arms to strike over shoulders—Raise !**

Raise right (or left) leg sideward and strike arms forward—1 ! 2 !  
Arms—Down !

**336—Arms to strike over shoulders—Raise !**

Raise right and left leg sideward and strike arms upward and forward, alternately—1 to 4 !  
Arms—Down !

**337—Hands on shoulders—Place !**

Raise right (or left) leg sideward and strike arms sideward—1 ! 2 !  
Arms—Down !

**338—Hands on shoulders—Place !**

Raise right (or left) leg sideward and strike arms forward (palms upward)—1! 2!

Arms—Down !

**339—Hands on shoulders—Place !**

Raise right and left leg sideward, alternately, and strike arms sideward—1 to 4!

Arms—Down !

**340—Hands on shoulders—Place !**

Raise right and left leg sideward and strike arms sideward and forward, alternately—1 to 4!

Raise right leg sideward and strike arms sideward—1! 2!

Raise left leg sideward and strike arms forward—1! 2!

**341—Arms to strike before shoulders—Raise !**

Raise right (or left) leg sideward and strike arms sideward—1! 2!

Arms—Down !

**342—Arms to strike before shoulders—Raise !**

Raise right and left leg sideward, alternately, and strike arms sideward—1 to 4!

Arms—Down !

**343—Raise right (or left) leg sideward and raise arms right (or left)—1! 2!****344—Raise right and left leg sideward and raise arms right and left alternately—1 to 4 !****345—Hands on hips—Place !**

Raise right (or left) leg backward and straighten arms forward—1! 2!

Arms—Down !

**346—Hands on hips—Place !**

Raise right (or left) leg backward and straighten arms upward—1! 2!

Arms—Down !

**347—Hands on hips—Place !**

Raise right (or left) leg backward and straighten arms sideward—1! 2!

Arms—Down !

**348**—Hands on hips—Place!

Raise right and left leg backward and straighten arms forward and upward, alternately—1 to 4!

Arms—Down!

**349**—Arms to strike over shoulders—Place!

Raise right (or left) leg backward and strike arms forward—1! 2!

Arms—Down! 2!

**350**—Arms to strike over shoulders—Place!

Raise right and left leg backward, alternately, and strike arms forward—1! 2!

Arms—Down!

**351**—Raise right (or left) leg backward and straighten arms forward—1! 2!  
(See Lesson 163.)**352**—Raise right (or left) leg backward and straighten arms sideward—1! 2!**353**—Raise right (or left) leg backward and straighten arms upward—1! 2!**354**—Raise right and left leg backward and straighten arms forward and sideward, alternately—1 to 4!**355**—Raise right and left leg backward and straighten arms upward and forward, alternately—1 to 4!**356**—Raise right (or left) leg backward and arms forward—1! 2!**357**—Raise right (or left) leg backward and arms sideward—1! 2!**358**—Raise right (or left) leg backward and arms forward upward—1! 2!**359**—Raise right (or left) leg backward and arms sideward upward—1! 2!**360**—Raise right and left leg backward and arms forward and sideward, alternately—1 to 4!**361**—Raise right and left leg backward and arms sideward and upward, alternately—1 to 4!**362**—Raise right and left leg backward and arms forward upward and sideward upward, alternately—1 to 4!**363**—Raise right and left leg backward and arms forward, sideward, forward upward and sideward upward, alternately—1 to 8!

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**364**—Raise right and left leg backward and arms sideward upward, forward,  
sideward and forward upward, alternately—1 to 8!

**365**—Arms to thrust—Raise!

Raise right (or left) leg forward and thrust arms forward—1! 2!  
Arms—Down!

**366**—Arms to thrust—Raise!

Raise right (or left) leg forward and thrust arms sideward—1! 2!  
Arms—Down!

**367**—Arms to thrust—Raise!

Raise right and left leg forward and thrust arms forward and sideward,  
alternately—1 to 4!  
Arms—Down!

**368**—Arms to thrust—Raise!

Raise right (or left) leg sideward and thrust arms sideward—1! 2!  
Arms—Down!

**369**—Arms to thrust—Raise!

Raise right (or left) leg sideward and thrust arms forward—1! 2!  
Arms—Down!

**370**—Arms to thrust—Raise!

Raise right and left leg sideward and thrust arms sideward and forward,  
alternately—1 to 4!  
Arms—Down!

**371**—Arms to thrust—Raise!

Raise right (or left) leg backward and thrust arms upward—1! 2!  
Arms—Down!

**372**—Arms to thrust—Raise!

Raise right (or left) leg backward and thrust arms backward—1! 2!  
Arms—Down!

**373**—Arms to thrust—Raise!

Raise right and left leg backward and thrust arms upward and backward,  
alternately—1 to 4!  
Arms—Down!

**374**—Arms to thrust—Raise!

Raise right (or left) leg forward and thrust arms upward—1! 2!

Arms—Down!

**375**—Arms to thrust—Raise!

Raise right (or left) leg forward and thrust arms backward—1! 2!

Arms—Down!

**376**—Arms to thrust—Raise!

Raise right and left leg forward and thrust arms upward and backward,  
alternately—1 to 4!

Arms—Down!

**377**—Arms to thrust—Raise!

Raise right (or left) leg sideward and thrust arms upward—1! 2!

Arms—Down!

**378**—Arms to thrust—Raise!

Raise right (or left) leg sideward and thrust arms backward—1! 2!

Arms—Down!

**379**—Arms to thrust—Raise!

Raise right and left leg sideward and thrust arms upward and backward,  
alternately—1 to 4!

Arms—Down!

**380**—Arms to thrust—Raise!

Raise right (or left) leg backward and thrust arms forward—1! 2!

Arms—Down!

**381**—Arms to thrust—Raise!

Raise right (or left) leg backward and thrust arms sideward—1! 2!

Arms—Down!

**382**—Arms to thrust—Raise!

Raise right and left leg backward and thrust arms forward and side-  
ward, alternately—1 to 4!

Arms—Down!

**383—Arms to thrust—Raise !**

Raise right and left leg forward and sideward and thrust arms forward and sideward, alternately—1 to 8 !

Arms—Down !

Raise right leg forward and thrust arms forward—1 ! 2 !

Raise left leg forward and thrust arms forward—3 ! 4 !

Raise right leg sideward and thrust arms sideward—5 ! 6 !

Raise left leg sideward and thrust arms sideward—7 ! 8 !

**384—Arms to thrust—Raise !**

Raise right and left leg sideward and backward and thrust arms sideward and upward, alternately—1 to 8 !

Arms—Down !

**385—Arms to thrust—Raise !**

Raise right and left leg forward and backward and thrust arms forward and backward, alternately—1 to 8 !

Arms—Down !

**386—Arms to thrust—Raise !**

Raise right and left leg forward, sideward and backward and thrust arms forward, sideward and backward, alternately—1 to 12 !

Arms—Down !

**387—Arms to thrust—Raise !**

Raise right and left leg backward, sideward and forward and thrust arms upward, sideward and forward, alternately—1 to 12 !

Arms—Down !

**388—Raise right and left leg forward and sideward and arms forward and sideward, alternately—1 to 8 !****389—Raise right and left leg sideward and backward and arms sideward upward and forward upward, alternately—1 to 8 !****390—Raise right and left leg forward, sideward and backward and arms forward, sideward and forward upward, alternately—1 to 12 !****391—Raise right and left leg sideward, forward and backward and arms sideward upward, forward upward and forward, alternately—1 to 12 !**

**392—Hands on hips—Place!**

Raise right and left leg forward and sideward and straighten arms forward and sideward, alternately—1 to 8!

Arms—Down!

**393—Hands on hips—Place!**

Raise right and left leg sideward and backward and straighten arms sideward and upward, alternately—1 to 8!

Arms—Down!

**394—Hands on hips—Place!**

Raise right and left leg backward and forward and straighten arms downward and upward, alternately—1 to 8!

Arms—Down!

**395—Hands on hips—Place!**

Raise right and left leg forward, sideward and backward and straighten arms forward, sideward and upward, alternately—1 to 12!

Arms—Down!

**396—Hands on shoulders—Place!**

Raise right and left leg sideward and forward and strike arms sideward and forward, alternately—1 to 8!

Arms—Down!

**397—Hands on shoulders—Place!**

Raise right and left leg forward and sideward and straighten arms (hands as in raising arms) forward and sideward, alternately—1 to 8!

Arms—Down!

**398—Hands on shoulders—Place!**

Raise right and left leg sideward, backward and forward and straighten arms sideward, upward and forward, alternately—1 to 12!

Arms—Down!

**399—Raise right and left leg sideward and forward and arms right and left and forward, alternately—1 to 8!**

Raise right leg sideward and arms right—1! 2!

Raise left leg sideward and arms left—3! 4!

Raise right leg forward and arms forward—5! 6!

Raise left leg forward and arms forward—7! 8!

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**400**—Raise right and left leg sideward and forward, alternately, and arms right and left and forward, alternately—1 to 8!

Raise right leg sideward and arms right—1! 2!

Raise right leg forward and arms forward—3! 4!

Raise left leg sideward and arms left—5! 6!

Raise left leg forward and arms forward—7! 8!

**401**—Raise right (or left) leg obliquely forward—1! 2!

**402**—Raise right (or left) leg obliquely backward—1! 2!

**403**—Raise right and left leg obliquely forward, alternately—1 to 4!

**404**—Raise right and left leg obliquely backward, alternately—1 to 4!

**405**—Raise right (or left) leg obliquely inward forward—1! 2!

(The stationary leg is crossed by the one in motion.)

**406**—Raise right (or left) leg obliquely inward backward—1! 2!

**407**—Raise right and left leg obliquely inward forward, alternately—1 to 4!

**408**—Raise right and left leg obliquely inward backward, alternately—1 to 4!

**409**—Raise right and left leg obliquely forward and backward, alternately—1 to 8!

**410**—Raise right and left leg obliquely backward and forward, alternately—1 to 8!

**411**—Raise right and left leg obliquely inward forward and inward backward, alternately—1 to 8!

**412**—Raise right and left leg obliquely inward backward and inward forward, alternately—1 to 8!

**413**—Raise right and left leg obliquely forward and backward and inward forward and inward backward, alternately—1 to 16!

**414**—Raise right and left leg obliquely forward alternately and arms obliquely forward—1 to 4!

**415**—Raise right and left leg obliquely backward and arms right and left, alternately—1 to 4!

**416**—Raise right and left leg obliquely inward forward and right and left arm to a semi-circle over-head and left and right arm on small of back, alternately—1 to 4!

**417**—Raise right (or left) knee—1! 2! (See fig. 47).

**418**—Raise right and left knee, alternately—1 to 4!

**419**—Hands on hips—Place!

Raise right and left knee, alternately, and straighten arms forward—1 to 4!

Arms—Down!

**420**—Hands on hips—Place!

Raise right and left knee, alternately, and straighten arms sideward—  
1 to 4!

Arms—Down! (fig. 47) (See page 33.)

**421**—Hands on hips—Place!

Raise right and left knee alternately and straighten arms upward—1 to 4!  
Arms—Down!

**422**—Hands on hips—Place!

Raise right and left knee and straighten arms forward and sideward, al-  
ternately—1 to 4!

Arms—Down!

**423**—Hands on hips—Place!

Raise right and left knee and straighten arms forward and upward, alter-  
nately—1 to 4!

Arms—Down!

**424**—Hands on hips—Place!

Raise right and left knee and straighten arms sideward and upward, al-  
ternately—1 to 4!

Arms—Down!

**425**—Hands on hips—Place!

Raise right and left knee and straighten arms forward, sideward and up-  
ward, alternately—1 to 6!

Arms—Down!

**426**—Hands on hips—Place!

Raise right and left knee and straighten arms upward, sideward and for-  
ward, alternately—1 to 6!

Arms—Down!

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**427**—Raise right and left knee, alternately, and arms to strike—1 ! 2 !  
(fig. 49.) (*See page 34.*)

**428**—Arms to thrust—Raise !

Raise right and left knee, alternately, and thrust arms forward—1 to 4 !  
Arms—Down !

**429**—Arms to thrust—Raise !

Raise right and left knee, alternately, and thrust arms sideward—1 to 4 !  
Arms—Down !

**430**—Arms to thrust—Raise !

Raise right and left knee, alternately, and thrust arms upward—1 to 4 !  
Arms—Down !

**431**—Arms to thrust—Raise !

Raise right and left knee, alternately, and thrust arms backward—1 to 4 !  
Arms—Down !

**432**—Arms to thrust—Raise !

Raise right and left knee, alternately, and thrust arms downward—1 to 4 !  
Arms—Down !

**433**—Arms to thrust—Raise !

Raise right and left knee and thrust arms forward and sideward, alternately—1 to 4 !  
Arms—Down !

**434**—Arms to thrust—Raise !

Raise right and left knee and thrust arms forward and upward, alternately—1 to 4 !  
Arms—Down !

**435**—Arms to thrust—Raise !

Raise right and left knee and thrust arms forward and backward, alternately—1 to 4 !  
Arms—Down !

**436**—Arms to thrust—Raise !

Raise right and left knee and thrust arms upward and backward, alternately—1 to 4 !

Arms—Down !

**437**—Arms to thrust—Raise !

Raise right and left knee and thrust arms forward, sideward and upward, alternately—1 to 6 !

Arms—Down !

**438**—Arms to thrust—Raise !

Raise right and left knee and thrust arms backward, upward and forward, alternately—1 to 6 !

Arms—Down !

**439**—Arms to thrust—Raise !

Raise right and left knee and thrust arms forward, sideward, upward and backward, alternately—1 to 8 !

Arms—Down !

**440**—Arms to thrust—Raise !

Raise right and left knee and thrust arms backward, downward, upward, sideward and forward, alternately—1 to 10 !

Arms—Down !

**441**—Arms to strike—Raise !

Raise right and left knee, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**442**—Arms to strike before shoulders—Raise !

Raise right and left knee, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**443**—Arms to strike over shoulders—Raise !

Raise right and left knee, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**444**—Hands on shoulders—Place !

Raise right and left knee, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**445—Hands on shoulders—Place !**

Raise right and left knee, alternately, and strike arms forward (palms upward)—1 to 4 !

Arms—Down !

**446—Hands on shoulders—Place !**

Raise right and left knee and strike arms sideward and forward, alternately—1 to 4 !

Arms—Down !

**447—Hands on shoulders—Place !**

Raise right and left knee, alternately, and straighten arms forward (knuckles outward)—1 to 4 !

Arms—Down !

**448—Hands on shoulders—Place !**

Raise right and left knee, alternately, and straighten arms sideward (knuckles upward)—1 to 4 !

Arms—Down !

**449—Hands on shoulders—Place !**

Raise right and left knee, alternately, and straighten arms upward—  
—1 to 4 !

Arms—Down !

**450—Hands on shoulders Place !**

Raise right and left knee and straighten arms forward and sideward,  
alternately—1 to 4 !

Arms—Down !

**451—Hands on shoulders—Place !**

Raise right and left knee and straighten arms sideward and upward,  
alternately—1 to 4 !

Arms—Down !

**452—Raise right (or left) knee and arms forward—1 ! 2 !****453—Raise right and left knee, alternately, and arms forward—1 to 4 !****454—Raise right (or left) knee and arms sideward—1 ! 2 !****455—Raise right and left knee, alternately, and arms sideward—1 to 4 !****456—Raise right (or left) knee and arms forward upward—1 ! 2 !**

**457**—Raise right and left knee, alternately, and arms forward upward—  
1 to 4 !

**458**—Raise right and left knee and arms forward and sideward, alternately  
—1 to 4 !

**459**—Raise right and left knee and arms forward and forward upward,  
alternately—1 to 4 !

**460**—Raise right and left knee and arms sideward and forward upward, alter-  
nately—1 to 4 !

**461**—Raise right and left knee and arms forward, sideward and forward up-  
ward, alternately—1 to 6 !

**462**—Raise right and left knee and arms forward upward, sideward and  
forward, alternately—1 to 6 !

**463**—Raise right (or left) knee and arms sideward upward—1 ! 2 !

**464**—Raise right and left knee, alternately, and arms sideward upward,  
alternately—1 to 4 !

**465**—Raise right and left knee and arms forward, sideward, forward upward  
and sideward upward, alternately—1 to 8 !

**466**—Raise right (or left) knee and straighten arms forward—1 ! 2 ! (See  
Exercise 163).

**467**—Raise right and left knee, alternately, and straighten arms forward—  
1 to 4 !

**468**—Raise right (or left) knee and straighten arms sideward—1 ! 2 !

**469**—Raise right and left knee, alternately, and straighten arms sideward—  
1 to 4 !

**470**—Raise right (or left) knee and straighten arms upward—1 ! 2 !

**471**—Raise right and left knee, alternately, and straighten arms upward—  
1 to 4 !

**472**—Raise right and left knee and straighten arms forward and sideward,  
alternately—1 to 4 !

**473**—Raise right and left knee and straighten arms forward and sideward,  
alternately—1 to 8 ! (For each raising of right and left knee,  
straightening of arms forward 4 counts and sideward 4 counts).

**474**—Hands backward—Grasp! (fig. 50).

Step-position forward right (or left)—  
1! 2!

Arms—Down!

**475**—Arms backward—Grasp!

Step-position forward right and left,  
alternately—1 to 4!

Arms—Down!

**476**—Hands on hips—Place!

Step-position forward right (or left) and  
straighten arms forward—1! 2!

Arms—Down!

**477**—Hands on hips—Place!

Step-position forward right and left,  
alternately, and straighten arms  
forward—1 to 4!

Arms—Down!

**478**—Hands on hips—Place!

Step-position forward right (or left) and straighten arms upward—1! 2!  
Arms—Down!

**479**—Hands on hips—Place!

Step-position forward right and left, alternately, and straighten arms  
upward—1 to 4!

Arms—Down!

**480**—Hands on hips—Place!

Step-position forward right and left, alternately, and straighten arms  
sideward—1 to 4!

Arms—Down!

**481**—Hands on hips—Place!

Step-position forward right and left and straighten arms forward and up-  
ward, alternately—1 to 4!

Arms—Down!



Fig. 50.



Fig. 51.

**482—Hands on hips—Place!**

Step-position forward right and left alternately, and straighten arms forward and upward, alternately  
—1 to 8!

**Arms—Down!**

Step-position forward right and straighten arms forward—1! 2!

Step-position forward left and straighten arms forward—3! 4!

Step-position forward right and straighten arms upward—5! 6!

Step-position forward left and straighten arms upward—7! 8!

**483—Hands on hips—Place!**

Step-position forward right and left and straighten arms sideward and upward, alternately—1 to 4!

**Arms—Down!****484—Hands on hips—Place!**

Step-position forward right and left, alternately, and straighten arms sideward and forward, alternately—1 to 8!

**Arms—Down!****485—Hands on hips—Place!**

Step-position forward right and left and straighten arms forward, sideward and upward, alternately—1 to 6!

**486—Hands on hips—Place!**

Step-position forward right and left, alternately, and straighten arms sideward, forward and upward, alternately—1 to 12!

**Arms—Down!****487—Step-position forward right (or left) and raise arms forward—1! 2!**  
(fig. 51.)**488—Step-position forward right and left, alternately, and raise arms forward—1 to 4!****489—Step-position forward right (or left) and raise arms sideward—1! 2!****490—Step-position forward right and left, alternately, and raise arms sideward—1 to 4!**

**491**—Step-position forward right (or left) and raise arms forward upward—  
1! 2!

**492**—Step-position forward right and left, alternately, and raise arms forward upward—1 to 4!

**493**—Step-position forward right (or left) and raise arms sideward upward—  
1! 2!

**494**—Step-position forward right and left, alternately, and raise arms sideward upward—1 to 4!

**495**—Step-position forward right and left and raise arms forward and forward upward, alternately—1 to 4!

**496**—Step-position forward right and left, alternately, and raise arms forward and forward upward, alternately—1 to 8!

**497**—Step-position forward right and left and raise arms forward and sideward, alternately—1 to 4!

**498**—Step-position forward right and left, alternately, and raise arms forward and sideward, alternately—1 to 8!

**499**—Step-position forward right and left and raise arms forward upward and sideward, alternately—1 to 4!

**500**—Step-position forward right and left, alternately, and raise arms forward upward and sideward, alternately—1 to 8!

**501**—Step-position forward right and left and raise arms forward and sideward upward, alternately—1 to 4!

**502**—Step-position forward right and left, alternately, and raise arms forward upward and sideward upward, alternately—1 to 8!

**503**—Grasp arms backward—Grasp!

Step-position sideward right (or left)—1! 2! (fig. 52.)

Arms—Down!



Fig. 52.



Fig. 53.



Fig. 54.

**504**—Hands on hips—Place !

Step-position sideward right and left,  
alternately—1 to 4 !

Arms—Down !

**505**—Step-position sideward right (or left)  
and raise arms sideward—1 ! 2 !

**506**—Step-position sideward right and left  
and raise arms right and left, al-  
ternately—1 to 4 ! (fig. 53.)

**507**—Step-position sideward right (or left)  
and raise arms sideward upward  
—1 ! 2 !

**508**—Step-position sideward right and left,  
alternately—1 to 4 !

**509**—Step-position sideward right and left,  
alternately, and raise arms for-  
ward—1 to 4 !

**510**—Step-position sideward right and left,  
alternately, and raise arms for-  
ward upward—1 to 4 !

**511**—Step-position sideward right and left  
and raise arms sideward and side-  
ward upward, alternately—1 to 4 !

**512**—Step-position sideward right and left,  
alternately, and raise arms side-  
ward and sideward upward, alter-  
nately—1 to 8 !

**513**—Step-position sideward right and left,  
alternately, and raise arms side-  
ward and forward, alternately—1  
to 8 !

**514**—Step-position sideward right and left,  
alternately, and raise arms side-  
ward and forward upward, alter-  
nately—1 to 8 !

**515**—Hands on hips—Place!

Step-position backward right (or left)  
—1! 2! (fig. 54).

Arms—Down!

**516**—Grasp arms backward—Grasp!

Step-position backward right and left,  
alternately—1 to 4!  
Arms—Down!

**517**—Step-position backward right (or left)  
and raise arms forward—1! 2!  
(fig. 55).**518**—Step-position backward right and  
left, alternately, and raise arms  
forward—1 to 4!**519**—Step-position backward right (or left)  
and raise arms forward upward—  
1! 2!**520**—Step-position backward right and left, alternately, and raise arms  
forward upward—1 to 4!**521**—Step-position backward right and left, alternately, and raise arms  
sideward—1 to 4!**522**—Step-position backward right (or left) and raise arms backward—1! 2!**523**—Step-position backward right and left, alternately, and raise arms  
backward—1 to 4!**524**—Step-position backward right and left, alternately, and raise arms  
sideward upward—1 to 4!**525**—Step-position backward right and left and raise arms forward and  
forward upward, alternately—1 to 4!**526**—Step-position backward right and left, alternately, and raise arms  
forward and forward upward, alternately—1 to 8!**527**—Step-position backward right and left and raise arms forward and  
sideward, alternately—1 to 4!**528**—Step-position backward right and left and raise arms forward upward,  
and backward, alternately—1 to 4!

Fig. 55.

**529**—Step-position backward right and left, alternately, and raise arms forward and backward, alternately—1 to 8!

**530**—Step-position backward right and left and raise arms forward, forward upward and backward, alternately—1 to 6!

**531**—Step-position backward right and left and raise arms forward upward, sideward upward, forward and backward, alternately—1 to 8!

**532**—Step-position backward right and left, alternately, and raise arms forward, forward upward and backward, alternately—1 to 12!

**533**—Step-position forward and sideward right and left and raise arms forward and sideward, alternately—1 to 8!

**534**—Step-position forward and backward right and left and raise arms forward and forward upward, alternately—1 to 8!

**535**—Step-position sideward and backward right and left and raise arms sideward and backward, alternately—1 to 8!

**536**—Step-position forward, sideward and backward right and left and raise arms forward, sideward and forward upward, alternately—1 to 12!

**537**—Step-position sideward and backward right and left and raise arms sideward and forward upward, alternately—1 to 8!

**538**—Step-position backward and forward right and left and raise arms sideward and forward, alternately—1 to 8!

**539**—Step-position backward, forward and sideward right and left and raise arms sideward upward, forward upward and sideward, alternately—1 to 12!

**540**—Step-position forward and sideward right and left, alternately, and raise arms forward and sideward, alternately—1 to 8!

**541**—Step-position forward and backward right and left, alternately, and raise arms forward and forward upward, alternately—1 to 8!

**542**—Step-position sideward and backward right and left, alternately, and raise arms sideward and backward, alternately—1 to 8!

**543**—Step-position forward, sideward and backward right and left, alternately, and raise arms forward, sideward and forward upward, alternately—1 to 12!

**544**—Step-position sideward and backward right and left, alternately, and raise arms sideward and forward upward, alternately—1 to 8!

**545**—Step-position backward and forward right and left, alternately, and raise arms sideward and forward, alternately—1 to 8 !

**546**—Step-position backward, forward and sideward right and left, alternately, and raise arms sideward upward, forward upward and sideward, alternately—1 to 12 !

**547**—Grasp hands backward—Grasp !

Step-position obliquely forward right (or left)—1 ! 2 !

Arms—Down !

**548**—Grasp arms backward—Grasp !

Step-position obliquely forward right and left, alternately—1 to 4 !

Arms—Down !

**549**—Hands on hips—Place !

Step-position obliquely backward right (or left)—1 ! 2 !

Arms—Down !

**550**—Hands on shoulders—Place !

, Step-position obliquely backward right and left, alternately—1 to 4 !

Arms—Down !

**551**—Hands backward—Grasp !

Step-position obliquely inward forward right (or left)—1 ! 2 !

Arms—Down !

**552**—Hands backward—Grasp !

Step-position obliquely inward forward right and left, alternately—1 to 4 !

Arms—Down !

**553**—Hands on hips—Place !

Step-position obliquely inward backward right (or left)—1 ! 2 !

Arms—Down !

**554**—Hands on hips—Place !

Step-position obliquely inward backward right and left, alternately—  
1 to 4 !

Arms—Down !

**555**—Arms backward—Grasp !

Step-position obliquely forward and backward right and left, alternately  
—1 to 8 !

Arms—Down !

**556—Hands backward—Grasp !**

Step-position obliquely forward and inward forward right and left, alternately—1 to 8 !

Arms—Down !

**557—Hands on hips—Place !**

Step-position obliquely backward and inward backward right and left, alternately—1 to 8 !

Arms—Down !

**558—Hands backward—Grasp !**

Step-position obliquely forward, inward forward, backward and inward backward right and left, alternately—1 to 16 !

Arms—Down !

**559—Hands backward—Grasp !**

Step-position forward, sideward and backward, obliquely forward, backward, inward forward and inward backward right and left, alternately—1 to 28 !

Arms—Down !

**560—Step-position obliquely forward right and left, alternately, and raise arms obliquely forward—1 to 4 !****561—Hands on shoulders—Place !**

Step-position obliquely backward right and left, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**562—Step-position obliquely inward forward right (or left) and raise arms right (or left)—1 ! 2 !****563—Step-position obliquely inward forward right and left and raise arms right and left, alternately—1 to 4 !****564—Step-position obliquely inward forward right (or left) and raise right arm to a semi-circle over head and left (or right) arm on small of back—1 ! 2 !****565—Step-position obliquely inward forward right and left and raise right and left arms to a semi-circle over head and left and right arm on small of back, alternately—1 to 4 !**

**566**—Step-position obliquely inward backward right (or left) and arms right (or left)—1 ! 2 !

**567**—Step-position obliquely inward backward right and left and raise arms right and left, alternately—1 to 4 !

**568**—Step-position obliquely inward backward right and left, alternately, and arms to a circle overhead—1 to 4 !

**569**—Step-position obliquely forward and backward and raise arms obliquely forward and right and left, alternately—1 to 8 !

**570**—Step-position obliquely forward and inward forward right and left and raise arms obliquely forward and right and left, alternately—1 to 8 !

**571**—Step-position obliquely backward and inward backward right and left and raise arms obliquely forward upward and to a circle over head, alternately—1 to 8 !

**572**—Step-position obliquely forward, inward forward, backward and inward backward right and left, and raise arm obliquely forward, right and left, obliquely sideward upward and right and left arm to a semi-circle over head and left and right arm on small of back, alternately—1 to 16 !

**573**—Step-position forward, sideward and backward, obliquely forward and backward, inward forward and inward backward right and left and raise arms forward, sideward upward, forward upward, obliquely forward, right and left, right and left arms to a semi-circle over head, left and right arm on small of back, and to a circle over head, alternately—1 to 28 !

**574**—Hands on hips—Place !

Step-position sideward right and left, alternately, and straighten arms sideward—1 to 4 !

Arms—Down !

**575**—Hands on hips—Place !

Step-position sideward right and left, alternately, and straighten arms sideward and forward, alternately—1 to 8 !

Arms—Down !

**576**—Hands on hips—Place !

Step-position sideward right and left and straighten arms sideward and upward, alternately—1 to 4 !

Arms—Down !

**577—Hands on hips—Place!**

Step-position backward right and left, alternately, and straighten arms forward—1 to 4 !

Arms—Down !

**578—Hands on hips—Place!**

Step-position backward right and left, alternately, and straighten arms upward—1 to 4 !

Arms—Down !

**579—Hands on hips—Place!**

Step-position backward right and left and straighten arms forward and sideward, alternately—1 to 4 !

Arms—Down !

**580—Hands on hips—Place!**

Step-position backward right and left, alternately, and straighten arms forward and upward, alternately—1 to 8 !

Arms—Down !

**581—Hands on shoulders—Place!**

Step-position forward right and left, alternately, and straighten arm forward (knuckles outward)—1 to 4 !

Arms—Down !

**582—Hands on shoulders—Place!**

Step-position forward right and left, alternately, and strike arms sideward (palms upward)—1 to 4 !

Arms—Down !

**583—Hands on shoulders—Place!**

Step-position sideward right and left, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**584—Hands on shoulders—Place!**

Step-position backward right and left, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**585—Hands on hips—Place !**

Step-position backward right and left, alternately, and straighten arms upward—1 to 4 !

Arms—Down !

**586—Hands on hips—Place !**

Step-position inward forward right and left, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**587—Hands on hips—Place !**

Step-position sideward and backward and strike arms sideward and straighten upward, alternately—1 to 8 !

Arms—Down !

**588—Arms to strike before shoulders—Raise !**

Step-position sideward right and left, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**589—Arms to strike over shoulders—Raise !**

Step-position forward right and left, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**590—Arms to strike—Raise !**

Step-position backward right and left, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**591—Step-position forward right and left, alternately, and straighten arms forward—1 to 4 ! (See Exercise 163).****592—Step-position sideward right and left, alternately, and straighten arms sideward—1 to 4 !****593—Step-position backward right and left, alternately, and straighten arms upward—1 to 4 !****594—Step-position forward and sideward right and left and straighten arms forward and sideward, alternately—1 to 8 !****595—Step-position forward, sideward and backward and straighten arms forward, sideward and upward, alternately—1 to 12 !**

**596—Arms to thrust—Raise!**

Step-position forward right (or left)—1! 2!

Arms—Down!

**597—Arms to thrust—Raise!**

Step-position forward right and left, alternately, and thrust arms forward  
—1 to 4!

Arms—Down!

**598—Arms to thrust—Raise!**

Step-position forward right and left, alternately, and thrust arms upward  
—1 to 4!

Arms—Down!

**599—Arms to thrust—Raise!**

Step-position forward right and left and thrust arms forward and upward,  
alternately—1 to 4!

Arms—Down!

**600—Arms to thrust—Raise!**

Step-position forward right and left, alternately, and thrust arms forward  
and upward, alternately—1 to 8!

Arms—Down!

**601—Arms to thrust—Raise!**

Step-position sideward right and left, alternately, and thrust arms side-  
ward—1 to 4!

Arms—Down!

**602—Arms to thrust—Raise!**

Step-position sideward right and left, alternately, and thrust arms upward  
—1 to 4!

Arms—Down!

**603—Arms to thrust—Raise!**

Step-position sideward right and left, alternately, and thrust arms side-  
ward and upward—1 to 4!

Arms—Down!

**604—Arms to thrust—Raise!**

Step-position sideward right and left, alternately, and thrust arms side-  
ward and upward, alternately—1 to 8!

Arms—down!

**605—Arms to thrust—Raise !**

Step-position backward right and left, alternately, and thrust arms forward—1 to 4 !

Arms—Down !

**606—Arms to thrust—Raise !**

Step-position backward right and left, alternately, and thrust arms sideward—1 to 4 !

Arms—Down !

**607—Arms to thrust—Raise !**

Step-position backward right and left, alternately, and thrust arms upward—1 to 4 !

Arms—Down !

**608—Arms to thrust—Raise !**

Step-position forward and sideward right and left and thrust arms forward and sideward, alternately—1 to 8 !

Arms—Down !

**609—Arms to thrust—Raise !**

Step-position forward and backward right and left, alternately, and thrust arms upward and backward, alternately—1 to 8 !

Arms—Down !

**610—Arms to thrust—Raise !**

Step-position backward and sideward right and left and thrust arms backward and sideward, alternately—1 to 8 !

Arms—Down !

**611—Arms to thrust—Raise !**

Step-position forward, sideward and backward right and left and thrust arms forward, sideward and backward, alternately—1 to 12 !

Arms—Down !

**612—Hands on hips—Place !**

Cross-step-position forward right (or left)—1 ! 2 !

Arms—Down !



Fig. 56.

**613**—Arms backward—Grasp!

Cross-step-position forward right and left, alternately—1 to 4! (fig. 56).

Arms—Down!

**614**—Hands on hips—Place!

Cross-step-position backward right (or left)—1! 2!

Arms—Down!

**615**—Cross-step-position forward right and left and arms right and left, alternately—1 to 4!

**616**—Cross-step-position backward right and left and arms right and left, alternately—1 to 4!

**617**—Cross-step-position forward right (or left) and raise left (or right) arm to a semi-circle over head and place right (or left) arm on small of back—1! 2!

**618**—Cross-step-position forward right and left and raise left and right arm to a semi-circle over head, right and left arm on small of back, alternately—1 to 4! (fig. 57.)

**619**—Cross-step-position forward right and left and raise left and right arm to a semi-circle over head and snap fingers (thumb and middle finger) and place right and left arm on small of back, alternately—1 to 4!

**620**—Cross-step-position backward right and left and raise left (or right) arm to a semi-circle over head and place right (or left) arm on small of back—1! 2!



Fig. 57.

**621**—Cross-step-position backward right and left and raise right and left arm to a semi-circle over head and place left and right arm on small of back, alternately—1 to 4 !

**622**—Cross-step-position backward right and left and raise right and left arm to a semi-circle over head and snap fingers, and place left and right arm on small of back, alternately—1 to 4 !

**623**—Cross-step-position forward right (or left) and raise arms to a circle over head—1 ! 2 ! (fig. 58.)

**624**—Cross-step-position forward right and left, alternately, and raise arms to a circle over head—1 to 4 !

**625**—Cross-step-position forward right and left, alternately, and raise arms to a circle over head and snap fingers—1 ! 2 !

**626**—Cross-step-position backward right (or left) and raise arms to a circle over head—1 to 4 !

**627**—Cross-step-position backward right and left, alternately, and raise arms to a circle over head—1 to 4 !

**628**—Cross-step-position backward right and left, alternately, and raise arms to a circle over head and snap fingers—1 to 4 !

**629**—Hands backward—Grasp !

Cross-step-position forward and backward right and left, alternately—1 to 4 !

Arms—Down !

**630**—Cross-step-position forward and backward right and left and raise left and right arm to a semi-circle over head and place right and left arm on small of back, alternately—1 to 8 !

**631**—Cross-step-position forward and backward right and left and raise left and right arm to a semi-circle over head and snap fingers and place right and left arm on small of back, alternately—1 to 8 !



Fig. 58.



Fig. 59.

**632**—Cross-step-position forward right and left and raise left and right arm to a semi-circle over head and snap fingers and place right and left arm on small of back and raise arms to a circle over head, alternately—1 to 8 !

**633**—Grasp arms backward—Grasp !

Raise right (or left) foot upward—1 !  
2 ! (fig. 59.)

Arms—Down !

**634**—Hands on hips—Place !

Raise right and left foot upward, alternately—1 to 4 !

Arms—Down !

**635**—Raise right and left foot, alternately, and straighten arms forward—1 to 4 !

**636**—Raise right and left foot, alternately, and straighten arms upward—1 to 4 !

**637**—Raise right and left foot, alternately, and straighten arms sideward—1 to 4 !

**638**—Raise right and left foot, alternately, and straighten arms forward and upward, alternately—1 to 8 !

**639**—Raise right and left foot and straighten arms forward and sideward, alternately—1 to 4 !

**640**—Hands on shoulders—Place !

Raise right and left foot, alternately, and strike arms sideward—1 to 4 !  
Arms—Down !

**641**—Hands on hips—Place !

Raise right and left foot and straighten arms upward, alternately—1 to 4 !

Arms—Down !

**642**—Grasp arms backward—Grasp!

Raise right (or left) lower-leg—1! 2!

Arms—Down!

**643**—Hands on hips—Placee!

Raise right and left lower-leg, alternately—1 to 4!

Arms—Down!

**644**—Raise right and left lower-leg alternately, and arms forward—1 to 4! (fig. 60).

**645**—Raise right and left lower-leg, alternately, and arms forward upward—1 to 4!

**646**—Raise right and left lower-leg, alternately, and arms sideward—1 to 4!

**647**—Raise right and left lower-leg, alternately, and arms sideward upward—1 to 4!

**648**—Raise right and left lower-leg and arms forward and sideward, alternately—1 to 4!

**649**—Raise right and left lower-leg, alternately, and arms forward and sideward upward, alternately—1 to 8!

**650**—Raise right and left lower-leg, alternately, and arms sideward upward and forward upward, alternately—1 to 8!

**651**—Raise right and left lower-leg, alternately, and straighten arms forward—1 to 4!

**652**—Raise right and left lower-leg, alternately, and straighten arms sideward—1 to 4!

**653**—Raise right and left lower-leg, alternately, and straighten arms upward—1 to 4!

**654**—Raise right and left lower-leg and straighten arms forward and sideward, alternately—1 to 4!

**655**—Raise right and left lower-leg and straighten arms sideward and upward, alternately—1 to 4!



Fig. 60.

**656**—Raise right and left lower-leg, alternately, and straighten arms forward, sideward and upward, alternately—1 to 12!

**657**—Hands on hips—Place!

Raise right and left lower-leg, alternately, and straighten arms forward  
—1 to 4!

Arms—Down!

**658**—Hands on hips—Place!

Raise right and left lower-leg, alternately, and straighten arms upward  
—1 to 4!

Arms—Down!

**659**—Hands on hips—Place!

Raise right and left lower-leg, alternately, and straighten arms sideward  
1 to 4!

Arms—Down!

**660**—Hands on hips—Place!

Raise right and left lower-leg and straighten arms forward and upward,  
alternately—1 to 4!

Arms—Down!

**661**—Hands on hip.—Place!

Raise right and left lower-leg, alternately, and straighten arms sideward  
and forward, alternately—1 to 8!

Arms—Down!

**662**—Hands on shoulders—Place!

Raise right and left lower-leg, alternately, and strike arms sideward—  
1 to 4!

Arms—Down!

**663**—Hands on shoulders—Place!

Raise right and left lower-leg, alternately, and strike arms forward—  
1 to 4!

Arms—Down!

**664**—Hands on shoulders—Place!

Raise right and left lower-leg and strike arms sideward and forward,  
alternately—1 to 4!

Arms—Down!

**665**—Arms to strike—Raise!

Raise right and left lower-leg, alternately, and strike arms forward—  
1 to 4 !

Arms—Down !

**666**—Raise arms to strike before shoulders—Raise !

Raise right and left lower-leg, alternately, and strike arms sideward—  
1 to 4 !

Arms—Down !

**667**—Arms to strike over shoulders—Raise!

Raise right and left lower-leg, alternately, and strike arms forward—  
1 to 4 !

Arms—Down !

**668**—Arms to thrust—Raise !

Raise right and left lower-leg, alternately, and thrust arms forward—  
1 to 4 !

Arms—Down !

**669**—Arms to thrust—Raise !

Raise right and left lower-leg, alternately, and thrust arms sideward—  
1 to 4 !

Arms—Down !

**670**—Arms to thrust—Raise !

Raise right and left lower-leg, alternately, and thrust arms upward—  
1 to 4 !

Arms—Down !

**671**—Arms to thrust—Raise !

Raise right and left lower-leg, alternately, and thrust arms backward—  
1 to 4 !

Arms—Down !

**672**—Arms to thrust—Raise !

Raise right and left lower-leg and thrust arms forward and sideward,  
alternately—1 to 4 !

Arms—Down !

**673**—Arms to thrust—Raise !

Raise right and left lower-leg and thrust arms forward and upward,  
alternately—1 to 4 !

Arms—Down !

**674**—Arms to thrnست—Raise !

Raise right and left lower-leg, alternately, and thrust arms sideward  
and backward, alternately—1 to 8 !

Arms—Down !

**675**—Arms to thrust—Raise !

Raise right and left lower-leg, alternately, and thrust arms forward and  
backward, alternately—1 to 8 !

Arms—Down !

**676**—Arms to thrust—Raise !

Raise right and left lower-leg and thrust arms forward, sideward and  
upward, alternately—1 to 6 !

Arms—Down !

**677**—Arms to thrust—Raise !

Raise right and left lower-leg and thrust arms upward, sideward, forward  
and backward, alternately—1 to 8 !

Arms—Down !

**678**—Hands on hips—Place !

Fencing-position forward right (or left)—1 ! 2 ! (See fig. 61).

Arms—Down !

**679**—Grasp arms backward—Grasp !

Fencing-position sideward right (or left)—1 ! 2 !

Arms—Down !

**680**—Hands on shoulders—Place !

Fencing-position backward right (or left)—1 ! 2 !

Arms—Down !

**681**—Hands on hips—Place !

Fencing-position forward right and left, alternately—1 to 4 !

Arms—Down !

**682**—Grasp hands backward—Grasp!

Fencing-position sideward right and left, alternately—1 to 4!

Arms—Down!

**683**—Hands on hips—Place!

Fencing-position backward right and left, alternately—1 to 4!

Arms—Down!

**684**—Hands on hips—Place!

Fencing-position forward right and left, alternately, and straighten arms forward—1 to 4!

Arms—Down!

**685**—Hands on hips—Place!

Fencing-position forward right and left, alternately, and straighten arms upward—1 to 4!

Arms—Down!

**686**—Arms to thrust—Raise!

Fencing position forward right and left, alternately, and thrust arms forward—1 to 4! (fig. 61.)

Arms—Down!

**687**—Arms to thrust—Raise!

Fencing-position forward right and left, alternately, and thrust arms upward—1 to 4!

Arms—Down!

**688**—Arms to thrust—Raise!

Fencing-position forward right and left and thrust arms forward and upward, alternately—1 to 4!

Arms—Down!

**689**—Arms to thrust—Raise!

Fencing position forward right and left and thrust arms forward and backward, alternately—1 to 4!

Arms—Down!



Fig. 61.



Fig. 62.

**690—Arms to thrust—Raise!**

Fencing-position forward right and left, alternately, and thrust arms forward, upward and backward, alternately—1 to 12!

Arms—Down!

**691—Fencing-position forward right and left, alternately, and raise arms forward—1 to 4!****692—Fencing-position forward right and left, alternately, and raise arms forward upward—1 to 4! (fig. 62.)****693—Fencing position forward right and left and raise arms forward and forward upward, alternately—1 to 4!**

**694—Fencing-position forward right and left, alternately, and straighten arms forward—1 to 4!**

**695—Fencing-position forward right and left, alternately, and straighten arms upward—1 to 4!**

**696—Fencing-position forward right and left and straighten arms forward and upward, alternately—1 to 4!**

**697—Fencing-position forward right and left, alternately, and straighten arms forward and upward, alternately—1 to 8!**

**698—Hands on shoulders—Place!**

Fencing-position forward right and left, alternately, and strike arms forward—1 to 4!

Arms—Down!

**699—Hands on shoulders—Place!**

Fencing-position forward right and left, alternately, and straighten arms forward—1 to 4!

Arms—Down!

**700—Hands on shoulders—Place!**

Fencing-position forward right and left, alternately and straighten arms forward and upward, alternately—1 to 8!

Arms—Down!

**701—Arms to strike—Raise !**

Fencing-position forward right and left, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**702—Arms to strike over shoulders—Raise !**

Fencing-position forward right and left, alternately, and strike arms forward—1 to 4 !

Arms—Down !

**703—Hands on hips—Place !**

Fencing-position sideward right and left, alternately—1 to 4 !

Arms—Down !

**704—Hands on hips—Place !**

Fencing-position sideward right and left, alternately, and straighten arms sideward—1 to 4 !

Arms—Down !

**705—Hands on hips—Place !**

Fencing-position sideward right and left, alternately, and straighten arms forward—1 to 4 !

Arms—Down !

**706—Hands on hips—Place !**

Fencing-position sideward right and left, alternately, and straighten arms upward—1 to 4 !

Arms—Down !

**707—Hands on hips—Place !**

Fencing-position sideward right and left, alternately, and straighten right arm obliquely sideward upward, left arm obliquely sideward downward, alternately—1 to 4 !

Arms—Down !

**708—Hands on hips—Place !**

Fencing-position sideward right and left alternately, and straighten arms forward and sideward, alternately—1 to 8 !

Arms—Down !



Fig. 63.

**709—Hands on hips—Place !**

Fencing-position sideward right and left, alternately, and straighten arms forward and right arm obliquely upward and left arm obliquely downward, alternately  
—1 to 8 !

Arms—Down !

**710—Fencing-position sideward right and left, alternately, and raise arms sideward—1 to 4 !****711—Fencing-position sideward right and left, alternately, and raise arms sideward upward—1 to 4 !**

**712—Fencing-position sideward left and right and raise arms right and left, alternately—1 to 4 ! (fig. 63).**

**713—Fencing-position sideward right and left, alternately, and raise arms forward upward and sideward upward, alternately—1 to 8 !**

**714—Fencing-position sideward right and left, alternately, and straighten arms sideward—1 to 4 !**

**715—Fencing-position sideward right and left and straighten arms upward—1 to 4 !**

**716—Fencing-position sideward right and left and straighten arms forward and sideward, alternately—1 to 4 !**

**717—Hands on shoulders—Place !**

Fencing-position sideward right and left, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**718—Arms to strike before shoulders—Raise !**

Fencing-position sideward right and left, alternately, and strike arms sideward—1 to 4 !

Arms—Down !

**719—Arms to strike—Raise!**

Fencing-position sideward right and left, alternately, and strike arms forward—1 to 4!

Arms—Down!

**720—Arms to thrust—Raise!**

Fencing-position sideward right and left, alternately, and thrust arms sideward—1 to 4!

Arms—Down!

**721—Arms to thrust—Raise!**

Fencing-position sideward right and left, alternately, and thrust arms forward—1 to 4!

Arms—Down!

**722—Arms to thrust—Raise!**

Fencing-position sideward right and left, alternately, and thrust arms upward—1 to 4!

Arms—Down!

**723—Arms to thrust—Raise!**

Fencing-position sideward right and left, alternately, and thrust arms sideward and upward, alternately—1 to 8!

Arms—Down!

**724—Arms to thrust—Raise!**

Fencing-position sideward right and left and thrust arms backward and forward, alternately—1 to 4!

Arms—Down!

**725—Hands on hips—Place!**

Fencing-position backward right and left, alternately—1 to 4!

Arms—Down!

**726—Fencing-position backward right and left, alternately, and raise arms upward—1 to 4!****727—Fencing-position backward right and left, alternately, and straighten arms upward—1 to 4!**

**728—Arms to thrust—Raise!**

Fencing-position backward right and left, alternately, and thrust arms backward—1 to 4 !

Arms—Down !

**729—Hands on hips—Place!**

Fencing-position forward and sideward right and left and straighten arms forward and sideward, alternately—1 to 8 !

Arms—Down !

**730—Hands on hips—Place!**

Fencing-position forward and sideward right and left and straighten arms upward and forward, alternately—1 to 8 !

Arms—Down !

**731—Fencing-position sideward and forward right and left and raise arms sideward and forward, alternately—1 to 8 !****732—Fencing-position sideward right and left, alternately, and raise arms sideward upward and forward upward, alternately—1 to 8 !****733—Arms to thrust—Raise !**

Fencing-position forward, backward and sideward right and left and thrust arms upward, forward and sideward, alternately—1 to 12 !

Arms—Down !

**734—Arms to thrust before shoulders—Raise !**

Fencing-position backward and forward right and left, alternately, and thrust arms forward and backward, alternately—1 to 8 !

Arms—Down !

**735—Fencing-position forward and sideward right and left and straighten arms forward and upward, alternately—1 to 8 !****736—Fencing-position sideward and backward right and left and straighten arms sideward and forward, alternately—1 to 8 !****737—Hands on shoulders—Place !**

Fencing-position forward and sideward right and left and strike arms forward and sideward, alternately—1 to 8 !

Arms—Down !

**738—Hands on hips—Place !**

Longe sideward right (or left) as in figs. 66 and 67—1 ! 2 !

Arms—Down !

**739—Hands on hips—Place !**

Longe forward right ( or left) as in figs. 64 and 65—1 ! 2 !

Arms—Down !

**740**—Arms backward—Grasp!

Longe backward right (or 1 ft)—1! 2!

Arms—Down!

**741**—Hands on hips—Place!

Longe sideward right and left, alternately—1 to 4!

Arms—Down!

**742**—Hands on shoulders—Place!

Longe forward right and left, alternately—1 to 4!

Arms—Down!

**743**—Arms to thrust—Raise!

Longe backward right and left, alternately—1 to 4!

Arms—Down!

**744**—Longe forward right and left, alternately, and raise arms forward—  
1 to 4!

**745**—Longe forward right and left, alternately, and raise arms forward  
upward—1 to 4!

**746**—Longe forward right and left, alternately, and raise arms sideward  
—1 to 4!

**747**—Longe forward right and left, alternately, and raise arms sideward  
upward—1 to 4!

**748**—Longe forward right and left, alternately, and raise arms backward—  
1 to 4!

**749**—Longe forward right and left and raise arms forward and sideward,  
alternately—1 to 4!

**750**—Longe forward right and left, alternately, and raise arms forward and  
backward, alternately—1 to 8!

**751**—Longe forward right and left and raise arms sideward and sideward  
upward, alternately—1 to 4!

**752**—Hands on hips—Place!

Longe forward right and left, alternately, and straighten arms forward  
—1 to 4!

Arms—Down!

**753—Hands on hips—Place!**

Longe forward right and left, alternately, and straighten arms sideward,  
alternately—1 to 4 !

Arms—Down !

**754—Hands on hips—Place!**

Longe forward right and left, alternately, and straighten arms upward  
—1 to 4 !

Arms—Down !

**755—Hands on hips—Place!**

Longe forward right and left and straighten arms forward and upward,  
alternately—1 to 4 !

Arms—Down !

**756—Hands on hips—Place!**

Longe forward right and left, alternately, and straighten arms sideward  
and upward, alternately—1 to 8 !

Arms—Down !

**757—Longe forward right and left, alternately, and straighten arms forward  
—1 to 4 !****758—Longe forward right and left, alternately, and straighten arms upward  
—1 to 4 !****759—Longe forward right and left, alternately, and straighten arms upward  
—1 to 4 !****760—Longe forward right and left, alternately, and straighten arms side-  
ward—1 to 4 !****761—Longe forward right and left and straighten arms forward and upward,  
alternately—1 to 4 !****762—Longe forward right and left, alternately, and straighten arms upward  
and sideward, alternately—1 to 8 !****763—Longe forward right and left and straighten arm sideward and for-  
ward, alternately—1 to 4 !****764—Arms to thrust—Raise !**

Longe forward right and left, alternately, and thrust arms forward—  
1 to 4 !

Arms—Down !

**765—Arms to thrust—Raise !**

Lunge forward right and left, alternately, and thrust arms sideward  
—1 to 4 !

Arms—Down !

**766—Arms to thrust—Raise !**

Lunge forward right and left, alternately, and thrust arms upward—  
1 to 4 !

Arms—Down !

**767—Arms to thrust—Raise !**

Lunge forward right and left, alternately, and thrust arms backward  
—1 to 4 ! (fig. 64).

Arms—Down !

**768—Arms to thrust—Raise !**

Lunge forward right and left and thrust  
arms forward and upward, alternately—1 to 4 !

Arms—Down !

**769—Arms to thrust—Raise !**

Lunge forward right and left, alternately, and thrust arms forward  
and backward, alternately—1 to 8 !

Arms—Down !

**770—Lunge forward right and left, alternately, and place hands on shoulders—1 to 4 ! (fig. 65).**

Arms—Down !

**771—Hands on shoulders—Place !**

Lunge forward right and left, alternately, and strike arms sideward  
—1 to 4 !

Arms—Down !



Fig. 64.



Fig. 65.



Fig. 66.

**772**—Hands on shoulders—Place!

Longe forward right and left, alternately, and strike arms forward—  
1 to 4!

Arms—Down!

**773**—Arms over shoulders—Raise!

Longe forward right and left, alternately, and strike arms backward  
—1 to 4!

Arms—Down!

**774**—Arms to thrust before shoulders—  
Raise!

Longe forward right and left and  
thrust arms forward—1 to 4!

Arms—Down!

**775**—Longe sideward right and left, alternately, and raise arms sideward—  
1 to 4!

**776**—Longe sideward right and left and  
raise arms right and left, alternately—1 to 4! (fig. 66).

**777**—Longe sideward right and left, alternately, and raise arms forward  
upward—1 to 4!

**778**—Longe sideward right and left, alternately, and raise arms forward  
upward—1 to 4!

**779**—Longe sideward right and left and  
raise arms forward and sideward,  
alternately—1 to 4!

**780**—Longe sideward right and left and  
raise right arm obliquely sideward  
upward and left arm obliquely  
sideward downward, alternately—  
1 to 4! (fig. 67).



Fig. 67.

**781**—Lunge sideward right and left, alternately, and raise arms forward and sideward upward, alternately—1 to 8!

**782**—Lunge sideward right and left, alternately, and raise arms sideward and sideward upward, alternately—1 to 8!

**783**—Lunge sideward right and left, alternately, and straighten arms sideward—1 to 4!

**784**—Lunge sideward right and left, alternately, and straighten arms upward—1 to 4!

**785**—Lunge sideward right and left, alternately, and straighten arms forward—1 to 4!

**786**—Lunge sideward right and left and straighten arms forward and sideward, alternately—1 to 4!

**787**—Lunge sideward right and left and straighten arms upward and sideward, alternately—1 to 4!

**788**—Hands on hips—Place!

Lunge sideward right and left, alternately, and straighten arms sideward—1 to 4!

Arms—Down!

**789**—Hands on hips—Place!

Lunge sideward right and left, alternately, and straighten arms forward—1 to 4!

Arms—Down!

**790**—Hands on hips—Place!

Lunge sideward right and left, alternately, and straighten arms upward—1 to 4!

Arms—Down!

**791**—Hands on hips—Place!

Lunge sideward right and left and straighten arms forward and sideward, alternately—1 to 4!

Arms—Down!

**792**—Hands on hips—Place!

Lunge sideward right and left, alternately, and straighten arms upward and sideward, alternately—1 to 4!

Arms—Down!

**793—Hands on shoulders—Place!**

Longe sideward right and left, alternately, and strike arms sideward—  
1 to 4 !

Arms—Down !

**794—Hands on shoulders—Place!**

Longe sideward right and left, alternately, and straighten arms forward  
—1 to 4 !

Arms—Down !

**795—Hands on shoulders—Place!**

Longe sideward right and left, alternately, and straighten arms upward  
—1 to 4 !

Arms—Down !

**796—Arms to strike over shoulders—Raise!**

Longe sideward right and left, alternately, and strike arms forward—  
1 to 4 !

Arms—Down !

**797—Arms to thrust—Raise!**

Longe sideward right and left, alternately, and thrust arms sideward—  
—1 to 4 !

Arms—Down !

**798—Arms to thrust—Raise!**

Longe sideward right and left, alternately, and thrust arms upward—1  
to 4 !

Arms—Down !

**799—Arms to thrust—Raise!**

Longe sideward right and left, alternately, and thrust arms forward—1  
to 4 !

Arms—Down !

**800—Arms to thrust—Raise!**

Longe sideward right and left, alternately, and thrust arms backward—  
1 to 4 !

Arms—Down !

**801—Arms to thrust—Raise!**

Longe sideward right and left and thrust arms forward and sideward,  
alternately—1 to 4 !

Arms—Down !

**802**—Arms to thrust—Raise !

Longe sideward right and left, alternately, and thrust arms forward and backward, alternately—1 to 8 !

Arms—Down !

**803**—Arms to thrust—Raise !

Longe sideward right and left and thrust arms backward and upward, alternately—1 to 4 !

Arms—Down !

**804**—Arms to thrust—Raise !

Longe sideward right and left, alternately, and thrust arms upward and backward, alternately—1 to 8 !

Arms—Down !

**805**—Arms to thrust—Raise !

Longe sideward right and left, alternately, and thrust arms forward, sideward and upward, alternately—1 to 12 !

Arms—Down !

**806**—Longe backward right and left, alternately, and raise arms forward—1 to 4 !**807**—Longe backward right and left, alternately, and raise arms sideward—1 to 4 !**808**—Longe backward right and left, alternately, and raise arms forward upward—1 to 4 !**809**—Longe backward right and left, alternately, and raise arms sideward upward—1 to 4 !**810**—Longe backward right and left and raise arms forward and sideward, alternately—1 to 4 !**811**—Longe backward right and left and raise arms forward upward and sideward, alternately—1 to 4 !**812**—Longe backward right and left, alternately, and raise arms forward upward and sideward upward, alternately—1 to 8 !**813**—Longe backward right and left, alternately, and raise arms forward and forward upward, alternately—1 to 8 !**814**—Hands on hips—Place !

Longe backward right and left, alternately, and straighten arms forward—1 to 4 !

Arms—Down !

**815—Hands on hips—Place!**

Lunge backward right and left, alternately, and straighten arms upward  
—1 to 4 !

Arms—Down !

**816—Hands on hips—Place!**

Lunge backward right and left, alternately, and straighten arms side-  
ward—1 to 4 !

Arms—Down !

**817—Hands on hips—Place!**

Lunge backward right and left and straighten arms forward and upward,  
alternately—1 to 4 !

Arms—Down !

**818—Hands on hips—Place!**

Lunge backward right and left, alternately, and straighten arms forward,  
sideward and upward, alternately—1 to 12 !

Arms—Down !

**819—Lunge backward right and left, alternately, and straighten arms for-  
ward—1 to 4 !****820—Lunge backward right and left, alternately, and straighten arms side-  
ward—1 to 4 !****821—Lunge backward right and left, alternately, and straighten arms up-  
ward—1 to 4 !****822—Lunge backward right and left, alternately, and straighten arms for-  
ward and upward, alternately—1 to 8 !****823—Lunge backward right and left and straighten arms sideward and for-  
ward, alternately—1 to 4 !****824—Arms to thrust—Raise!**

Lunge backward right and left, alternately, and thrust arms forward—  
1 to 4 !

Arms—Down !

**825—Arms to thrust—Raise!**

Lunge backward right and left, alternately, and thrust arms sideward—  
1 to 4 !

Arms—Down !

**826**—Arms to thrust—Raise!

Lunge backward right and left, alternately, and thrust arms upward—  
1 to 4!

Arms—Down!

**827**—Arms to thrust—Raise!

Lunge backward right and left and thrust arms forward and sideward,  
alternately—1 to 4!

Arms—Down!

**828**—Arms to thrust—Raise!

Lunge backward right and left, alternately, and thrust arms upward and  
sideward, alternately—1 to 8!

Arms—Down!

**829**—Hands on shoulders—Place!

Lunge backward right and left, alternately, and strike arms sideward—  
1 to 4!

Arms—Down!

**831**—Arms to strike—Raise!

Lunge backward right and left, alternately, and strike arms forward—  
1 to 4!

Arms—Down!

**832**—Lunge forward and sideward right and left and raise arms forward and  
sideward, alternately—1 to 8!**833**—Lunge forward and backward right and left and raise arms forward  
and sideward, alternately—1 to 8!**334**—Lunge sideward, forward and backward right and left, alternately, and  
raise arms forward upward, forward and sideward, alternately—  
1 to 12!**835**—Lunge forward and sideward right and left and straighten arms for-  
ward and sideward, alternately—1 to 8!**836**—Lunge backward and forward right and left, alternately, and straighten  
arms upward and forward, alternately—1 to 8!**837**—Lunge forward and sideward right and left and straighten arms for-  
ward and backward, alternately—1 to 8!**838**—Lunge backward, sideward and forward right and left and straighten  
arms upward, sideward and forward, alternately—1 to 12!



Fig. 68.

**839—Hands on hips—Place !**

Longe forward, sideward and backward, right and left and straighten arms forward, sideward and upward, alternately—1 to 12 !

Arms—Down !

**840—Hands on hips—Place !**

Longe sideward, backward and forward right and left and straighten arms upward, sideward and forward, alternately—1 to 12 !

Arms—Down !

**841—Arms to thrust—Raise !**

Longe forward and sideward right and left and thrust arms forward and sideward, alternately—1 to 8 !

Arms—Down !

**842—Arms to thrust—Raise !**

Longe backward and sideward right and left, alternately, and thrust arms upward and forward, alternately—1 to 8 !

Arms—Down !

**843—Arms to thrust—Raise !**

Longe forward, sideward and backward, alternately, and thrust arms forward, sideward and backward, alternately—1 to 8 !

**844—Hands on hips—Place !**

Straddle-position forward right (or left)—1 ! 2 ! (fig. 68).

Arms—Down !

**845—Hands on shoulders—Place !**

Straddle-position sideward right (or left) as in fig. 69—1 ! 2 !

Arms—Down !

**846—Arms backward—Grasp !**

Straddle-position backward right (or left)—1 ! 2 !

Arms—Down !

**847—Hands on hips—Place !**

Straddle-position forward right and left, alternately—1 to 4 !

Arms—Down !

**848**—Hands on shoulders—Place !

Straddle-position sideward right and left, alternately—1 to 4 !

Arms—Down !

**849**—Arms to thrust—Raise !

Straddle-position backward right and left, alternately—1 to 4 !

Arms—Down !

**850**—Straddle-position forward right and left, alternately, and raise arms forward—1 to 4 !

**851**—Straddle-position forward right and left, alternately, and raise arms sideward—1 to 4 !

**852**—Straddle-position sideward right and left, alternately, and raise arms sideward—1 to 4 !

**853**—Straddle-position sideward right and left, alternately, and raise arms forward upward—1 to 4 ! (fig. 69).

**854**—Straddle-position sideward right and left, alternately, and raise arms forward upward and sideward upward, alternately—1 to 8 !

**855**—Straddle-position backward right and left, alternately, and raise arms forward upward—1 to 4 !

**856**—Straddle-position forward right and left and straighten arms forward and sideward, alternately—1 to 4 !

**857**—Straddle-position sideward right and left and straighten arms sideward and forward, alternately—1 to 4 !

**858**—Straddle-position sideward, backward and forward right and left and straighten arms sideward, forward and upward, alternately—1 to 12 !

**859**—Arms to strike—Raise !

Straddle-position forward right and left, alternately, and strike arms forward—1 to 4 !

Arms—Down !



Fig. 69.



Fig. 70.

**860**—Hands on shoulders—Place!

Straddle-position sideward right and left, alternately, and strike arms sideward—1 to 4!

Arms—Down!

**861**—Arms to strike before shoulders—Raise!

Straddle-position sideward right and left, alternately, and strike arms sideward—1 to 4!

Arms—Down!

**862**—Straddle-position right (or left) and raise arms to strike before shoulders—1! (fig. 70.)

Strike arms sideward—1! 2!

Fundamental-position—Stand!

**863**—Straddle-position right (or left) and place hands on shoulders! 1!

Strike arms sideward—1! 2!

Position—Stand!

**864**—Straddle-position forward and sideward right and left and raise arms forward and sideward, alternately—1 to 8!

**865**—Straddle-position sideward and backward right and left and straighten arms sideward and upward, alternately—1 to 8!

**866**—Arms to thrust—Raise!

Straddle-position forward right and left, alternately, and thrust arms forward—1 to 4!

Arms—Down!

**867**—Arms to thrust—Raise!

Straddle-position sideward right and left, alternately, and thrust arms sideward—1 to 4!

Arms—Down!

**868**—Arms to thrust—Raise!

Straddle-position forward and backward right and left and thrust arms forward and upward, alternately—1 to 8!

Arms—Down!

## D.—EXERCISES OF THE TRUNK.

**869**—Hands on hips—Place !

Trunk forward—Bend ! 1 ! (fig. 71.)

Trunk—Straighten ! 2 !

(Bend trunk forward—1 ! 2 !)

Arms—Down !

**870**—Hands on hips—Place !

Bend trunk obliquely forward right (or left)—1 ! 2 ! (fig. 72.)

Arms—Down !

**871**—Hands on hips—Place !

Bend trunk obliquely forward right and left, alternately—1 to 4 !

Arms—Down !

**872**—Hands on hips—Place !

Bend trunk half-way forward—1 ! 2 !  
(fig. 73.)

(The spine is not bent.)

Arms—Down !

**873**—Arms backward—Grasp !

Bend trunk backward—1 ! 2 ! (fig. 74.)

Arms—Down !

**874**—Arms backward—Grasp !

Bend trunk right (or left)—1 ! 2 !  
(fig. 75.)

Arms—Down !

**875**—Arms backward—Grasp !

Bend trunk right and left, alternately  
—1 to 4 !

Arms—Down !



Fig. 71.



Fig. 72.



Fig. 73.

**876**—Hands on hips—Place !

Trunk right (or left)—Turn !

Bend trunk left (or right)—1 ! 2 !

Trunk—Straighten !

Arms—Down !

**877**—Hands on hips—Place !

Turn trunk right (or left)—1 ! 2 !  
(fig. 76.)

Arms—Down !

**878**—Hands on hips—Place !

Turn trunk right and left, alternately  
—1 to 4 !

Arms—Down !

**879**—Arms backward—Grasp !

Trunk right (or left)—Turn !

Turn trunk left (or right)—1 ! 2 !

Trunk to the front—Turn !

Arms—Down !

**880**—Arms backward—Grasp !

Trunk obliquely forward right (or left)  
—Bend !

Change to obliquely forward left (or  
right)—1 ! 2 !

Trunk—Straighten !

Arms—Down !

**881**—Arms backward—Grasp !

Bend trunk obliquely backward right  
(or left)—1 ! 2 !

Arms—Down !



Fig. 74.

**882—Hands on hips—Place!**

Trunk obliquely backward right (or left)—Bend !

Change to obliquely backward left (or right)—1! 2!

Trunk—Straighten !

Arms—Down !

**883—Hands on hips—Place!**

Bend trunk forward and backward, alternately—1 to 4 !

Arms—Down !

**884—Grasp arms backward—Grasp !**

Bend trunk backward and forward, alternately—1 to 4 !

Arms—Down !

**885—Arms backward—Grasp !**

Bend trunk backward and half-way forward, alternately—1 to 4 !

Arms—Down !

**886—Hands on hips—Place!**

Bend trunk half-way forward and backward, alternately—1 to 4 !

Arms—Down !

**887—Hands on hips—Place !**

Bend trunk forward, backward and right and left, alternately—1 to 8 !

Arms—Down !

**888—Hands on hips—Place !**

Bend trunk backward, forward and left and right, alternately—1 to 8 !

Arms—Down !



Fig. 75.



Fig. 76.

**889—Grasp arms backward—Grasp !**

Bend trunk right and left, forward and backward, alternately—1 to 8 !  
Arms—Down !

**890—Grasp arms backward—Grasp !**

Bend trunk half-way forward, forward and backward, alternately—1 to 6 !  
Arms—Down !

**891—Grasp arms backward—Grasp !**

Bend trunk right and left, half-way forward, backward and forward,  
alternately—1 to 10 !

Arms—Down !

**892—Hands on hips—Place !**

Turn trunk right and left and bend trunk right and left, alternately—  
1 to 8 !

Arms—Down !

**893—Hands on hips—Place !**

Turn trunk right and left and bend trunk forward, alternately—1 to 6 !  
Arms—Down !

**894—Hands on shoulders—Place !**

Bend trunk backward, forward and turn trunk right and left, alter-  
nately—1 to 8 !

Arms—Down !

**895—Hands on hips—Place !**

Bend trunk forward, backward, right and left, half-way forward and  
turn trunk right and left, alternately—1 to 14 !

Arms—Down !

**896—Arms backward—Grasp !**

Bend trunk obliquely forward and obliquely backward right and left,  
alternately—1 to 8 !

Arms—Down !

**897—Arms backward—Grasp !**

Bend trunk forward, backward, obliquely forward and obliquely backward right and left, alternately—1 to 12 !

Arms—Down !

**898—Hands on hips—Place !**

Bend trunk forward, backward, half-way forward, turn trunk right and left, bend trunk right and left and obliquely forward and backward right and left, alternately—1 to 22 !

Arms—Down !

**899—Hands on hips—Place !**

Bend trunk forward and straighten arms downward—1 ! 2 !

Arms—Down !

**900—Hands on hips—Place !**

Bend trunk forward and straighten arms downward—1 ! 2 !

Arms—Down !

**901—Arms to thrust—Raise !**

Bend trunk forward and thrust arms downward—1 ! 2 ! (fig. 77.)

Arms—Down !

**902—Hands on hips—Place !**

Bend trunk backward and straighten arms upward—1 ! 2 !

Arms—Down !

**903—Bend trunk backward and raise arm forward upward—1 ! 2 ! (fig. 79).**

Fig. 77.



Fig. 78.



Fig. 79.

**904**—Bend trunk backward and raise arms sideward upward—1! 2! (fig. 79).

**905**—Arms to thrust—Raise!

Bend trunk backward and thrust arms forward—1! 2!  
Arms—Down!

**906**—Arms to thrust—Raise!

Bend trunk backward and thrust arms sideward—1! 2!  
Arms—Down!

**907**—Arms to thrust—Raise!

Bend trunk backward and thrust arms upward—1! 2!  
Arms—Down!

**908**—Arms to thrust—Raise!

Bend trunk backward and thrust arms forward and upward, alternately—1! 4!  
Arms—Down!

**909**—Bend trunk backward and place hands on shoulders—1! 2! (fig. 78.)

**910**—Bend trunk backward and place hands on hips—1! 2!

**911**—Hands on shoulders—Place!

Bend trunk backward and strike arms sideward—1! 2!  
Arms—Down!

**912**—Hands on hips—Place!

Step-position forward right and left, alternately, and bend trunk backward—1 to 4!

Arms—Down!



Fig. 80.

**913**—Hands on hips—Place!

Step-position forward right and left,  
bend trunk backward and  
straighten arms forward—1 to 4!

Arms—Down!

**914**—Arms to thrust—Raise!

Step-position forward right and left,  
alternately, bend trunk backward  
and thrust arms forward and up-  
ward, alternately—1 to 8!

Arms—Down!

**915**—Bend trunk backward and straighten  
arms upward—1! 2! (fig. 79).**916**—Bend trunk backward and straighten  
arms forward and upward, alter-  
nately—1 to 4!**917**—Bend trunk backward and straighten  
arms forward—1! 2!**918**—Bend trunk backward and raise right  
and left leg forward, alternately,  
and raise arms forward—1 to 4!**919**—Hands on hips—Place!

Bend trunk backward and raise right  
and left leg forward, alternately  
1 to 4! (fig. 80).

Arms—Down!

**920**—Hands on hips—Place!

Turn trunk right and left, alternately,  
and straighten arms forward—  
1 to 4!

Arms—Down!

**921**—Arms to thrust—Raise!

Turn trunk right and left, alternately,  
and thrust arms forward—1 to 4!

Arms—Down!



Fig. 81.



Fig. 82.



Fig. 83.

**922—Arms to thrust—Raise!**

Turn trunk right and left, alternately,  
and thrust arms sideward—1 to 4 !

Arms—Down !

**923—Arms to thrust—Raise!**

Turn trunk right and left, alternately,  
and thrust arms upward—1 to 4 !

Arms—Down !

**924—Cross-step position forward right and  
left, turn trunk right and left,  
alternately, and raise arms for-  
ward—1 to 4 !**

**925—Cross-step-position forward right and  
left, turn trunk right and left,  
raise left and right arm to a semi-  
circle over head and right and left  
arm on small of back, alternately  
—1 to 4 !**

**926—Bend trunk right and left, alternate-  
ly, and place hands on shoulders  
—1 to 4 !**

**927—Hands on shoulders—Place!**

Bend trunk right and left, alternately,  
and strike arms sideward—1 to 4 !

Arms—Down !

**928—Hands on hips—Place!**

Bend trunk right and left and straight-  
en left and right arm upward,  
alternately—1 to 4 ! (fig. 81.)

Arms—Down !

**929—Bend trunk right and left, place  
right and left hand on hip and  
raise right and left arm sideward  
upward, alternately—1 to 4 !  
(fig. 81.)**



Fig. 84.

**930—Arms backward—Grasp!**

Step-position sideward right and left, and bend trunk right and left, alternately—1 to 4! (fig. 82).

Arms—Down!

**931—Arms to thrust—Raise!**

Step-position sideward right and left, bend trunk right and left, alternately, and thrust arms forward—1 to 4!

Arms—Down!

**932—Hands on hips—Place!**

Longe sideward right and left and bend trunk right and left, alternately—1 to 4! (fig. 83).

Arms—Down!

**933—Hands on hips—Place!**

Longe sideward right and left and bend trunk right and left, alternately, and straighten arms forward—1 to 4!

Arms—Down!

**934—Straddle-position sideward right and left, bend trunk right and left, alternately and place hands on hips—1 to 4! (fig. 84).****935—Straddle-position sideward right and left, bend trunk right and left, alternately, and raise arms sideward upward—1 to 4! (fig. 85).****936—Hands on hips—Place!**

Straddle-position sideward right and left, bend trunk right and left, alternately, and straighten arms upward—1 to 4! (fig. 85).

**937—Cross-step position forward right and left, bend trunk right and left and swing arms sideward upward right and left and snap fingers, alternately—1 to 4! (fig. 86).**

Fig. 85.



Fig. 86.

## TACTICS AND TACTICS IN CONNECTION WITH CALISTHENICS.\*

**938—Mark time—Mark ! †**

Attention—Halt !

Marking time is marching in place. The feet are moved as if you were marching.

Special attention must be paid that all scholars begin at the same moment with their left foot. The teacher will command to halt when the left foot touches the floor and the pupils will halt with the right and all at the same time. This exercise must be done noiselessly, and can be practiced previously to leaving the room, so as to accustom the scholars to keep step. The teacher will do well to place a more able scholar on a table and let him illustrate it.

**939—Forward—March !**

Attention—Halt !

When the command March ! is given all scholars must begin at once with the left foot.

All scholars, the last too, must at once march forward. Do not allow any scholar to mark time. Halt is commanded when the right foot touches the floor, and an additional step is made, and all halt with the right foot. All must take equally large steps.

**940—One (or more steps) forward—March !****941—One (or more steps) backward—March !****942—Close files forward—March !**

Open files backward—March !

The scholars standing in the aisles behind each other form a file. All scholars of the file, excepting the first, march forward until the distance between them allows a quarter turn to the right or left. The file is opened in reversed order.

**943—Close files to the right (or left)—March !**

Open files to the left (or right)—March !

Previous to this exercise a quarter turn must be executed. Files are closed to the right (or left) beginning with the right (or left) foot marching sideward.

**944—Sideward right (or left)—March !**

Attention—Halt !

Marching sideward right is begun with the right, marching sideward left with the left foot. Two counts for each step.

**945—Forward on tip-toes—March !**

Attention—Halt !

\*Where halls are at disposal for the use of marching and complicated tactics, we recommend "Stecher's School Tactics for the Use of Schools and Gymnastic Associations," Gustave Stecher, 92 Calhoun Street, Cincinnati, Ohio.

†All exercises in marching are begun with the left foot.

**946**—Backward on tip-toes—March !

Attention—Halt !

**947**—Changing-step forward—March ! 1 ! 2 !

Attention—Halt !

The teacher will drill this exercise in the following manner: Left foot forward—1 !

Place right foot obliquely behind heel of left foot and at the same time step forward with left foot—2 ! From this position right foot forward—1 ! Place left foot forward in same manner as the right above—2 ! After considerable practice, in time. Two counts.

**948**—Rocking-step—Walk ! 1 ! 2 ! 3 !

Left foot obliquely forward—1 ! Cross-step-position forward right—2 ! and raise and lower heels—3 ! From this position right foot obliquely forward—1 ! Cross-step-position forward left—2 ! and raise and lower heels—3 ! In time, three counts. This exercise can be executed in or from place.

**949**—Rocking-step and raise arms to a circle over head—1 ! 2 ! 3 !

(Arms are raised at 1 ! and lowered at 3 !)

**950**—Rocking-step and raise right and left arm to a semi-circle over head and left and right arm on small of back, alternately—1 to 3 ! (The raising of arms at 1 ! the lowering at 3 !)

**951**—Rocking-step and swing arms sideward upward and snap fingers, alternately—1 to 3 ! (Snapping of fingers at 3 !)

**952**—Rocking-step and raise right and left arm to a semi-circle over head and left and right arm on small of back and snap fingers, alternately—1 to 3 ! (Snapping of fingers at 3 !)

**953**—One step forward left and right and rocking-step left and right, alternately—1 to 5 !

**954**—One step sideward right and left and rocking-step right and left, alternately—1 to 5 !

**955**—Changing-step and rocking-step linked—1 to 4 ! (Last movement of changing-step is used for rocking-step).

**956**—Changing-step sideward left and right, alternately—1 to 4 !

**957**—Changing-step and rocking-step linked, sideward left and right, alternately—1 to 4 !

**958**—March forward and raise arms sideward at each left step—1 ! 2 !

**959**—March forward and raise arms forward at each left step—1 ! 2 !

**960**—March forward and raise arms forward upward at each left step—1 ! 2 !

**961**--March forward and raise arms sideward upward at each left step—  
1 ! 2 !

**962**—March forward and raise arms forward and sideward at each left step,  
alternately—1 to 4 !

**963**—March forward and raise arms forward upward and sideward upward,  
alternately, at each left step—1 to 4 !

**964**—Arms to thrust—Raise !

March forward and thrust arms forward at each left step—1 ! 2 !  
Arms—Down !

**965**—Arms to thrust—Raise !

March forward and thrust arms sideward at each left step—1 ! 2 !  
Arms—Down !

**966**—Arms to thrust—Raise !

March forward and thrust arms forward and sideward, alternately, at  
each left step—1 to 4 !

Arms—Down !

**967**—Hands on shoulders—Place !

March forward and strike arms sideward at each left step—1 ! 2 !  
Arms—Down !

**968**—Left—Face !

Right—Face !

A person facing a given point is in the front position to the same; then, according to  
that part of a circle which he describes while turning about his longitudinal axis  
(a line perpendicular through his body) we distinguish an eighth, a quarter or a  
half circle. Half left (or right)—Face! is an eighth: left (or right)—Face! a  
quarter: left (or right) about—Face! a half circle. All facings are executed  
on the heel to which side the turn is performed.

**969**—Right—Face !

Left—Face !

**970**—Left—Face !

Left—Face !

Left—Face !

Left—Face !

**971**—Right—Face !

Right—Face !

Right—Face !

Right—Face !

**972**—Half left (or right)—Face !

Half right (or left)—Face !

**973**—Left (or right) about—Face !

Right (or left) about—Face !

**974**—Left (or right)—Face !

Raise arms forward—1 ! 2 !

Right (or left)—Face !

**975**—Left (or right) face and raise arms forward—1 !

Right (or left) face and arms down—2 !

**976**—Left (or right) about—Face !

Raise arms forward upward—1 ! 2 !

Right (or left) about—Face !

**977**—Left (or right) face and raise arms forward—1 !

Left (or right) face and arms down—2 !

Left (or right) face and raise arms forward—3 !

Left (or right) face and arms down—4 !

**978**—Arms to thrust—Raise !

Left (or right) face and thrust arms forward—1 to 4 !

Arms—Down !

**979**—Left (or right face)—1 !

One step sideward left (or right)—2 !

One step sideward right (or left)—3 !

Right (or left) face—4 !

**980**—Left (or right) face—1 !

One step sideward left (or right) and raise arms forward—2 !

One step sideward right (or left) and arms down—3 !

Right (or left) face—4 !

**981**—Left (or right) face—1 !

One step sideward left (or right), bend knees and hands on hips—2 !

One step sideward right (or left), straighten knees and arms down—3 !

Right (or left) face—4 !

**982**—Left (or right) face—1 !

Straddle-position sideward left (or right) and hands on hips—2 !

Fundamental position—3 !

Right (or left) face—4 !

**983**—Left (or right) face—1 !

Straddle-position left (or right) and arms forward upward—2 !

Fundamental position—3 !

Right (or left) face—4 !

**984**—Left (or right) face—1 !

Longe sideward left (or right) and hands on shoulders—2 !

Fundamental position—3 !

Right (or left) face—4 !



Fig. 87.

## III. Alternate Exercises.

**985**—Raise heels and arms forward—1! 2!

Bend knees and hands on hips—1! 2! (fig. 87).

**986**—Raise heels and arms forward upward—1! 2!

Turn trunk right (or left) and raise arms sideward—1! 2!

**987**—Arms to thrust—Raise!

Raise heels and thrust arms upward—1! 2!

Turn trunk right (or left) and thrust arms forward—1! 2!

Arms—Down!

**988**—Arms to thrust—Raise!

Raise heels and thrust arms sideward—1! 2!

Bend trunk forward and thrust arms downward—1! 2!

Arms—Down!

**989—Hands on hips—Place!**

Raise heels and straighten arms forward—1! 2!

Bend trunk backward and straighten arms upward—1! 2!

Arms—Down!

**990—Hands on shoulders—Place!**

Raise heels and straighten arms upward—1! 2!

Raise right (or left) leg forward and strike arms sideward—1! 2!

Arms—Down!

**991—Hands on shoulders—Place!**

Raise heels and strike arms sideward—1! 2!

Straddle-position sideward right (or left) and straighten arms upward—  
1! 2!

Arms—Down!

**992—Raise heels and arms to a circle over head—1! 2!**

Step-position sideward left (or right) and raise arms left (or right)—  
1! 2!

**993—Raise heels and arms sideward—1! 2!**

Step-position forward right (or left) and raise arms forward—1! 2!

**994—Arms to thrust—Raise!**

Raise heels and thrust arms sideward—1! 2!

Fencing-position backward right (or left) and thrust arms forward—  
1! 2!

Arms—Down!

**995—Arms to thrust—Raise!**

Raise heels and thrust arms sideward—1! 2!

Fencing-position sideward right (or left) and thrust arms forward—1! 2!

Arms—Down!

**996—Raise heels and arms sideward—1! 2!**

Longe sideward right (or left) and raise arms forward—1! 2!



Fig. 88.

**997**—Bend trunk backward and raise arms upward—1! 2!

Bend knees and raise arms forward—1! 2! (fig. 88).

**998**—Bend knees and straighten arms forward—1! 2!

Bend trunk forward and straighten arms forward—1! 2!

**999**—Bend knees and hands on shoulders—1! 2!

Bend trunk forward and hands on hips—1! 2!

**1000**—Bend knees and hands on hips—1! 2!

Bend trunk forward and grasp arms backward—1! 2!

**1001**—Hands on hips—Place!

Bend knees and straighten arms forward—1! 2!

Bend trunk forward and straighten arms forward—1! 2!

Arms—Down!

**1002**—Hands on hips—Place!

Bend knees and straighten arms sideward—1! 2!

Bend trunk forward and straighten arms forward—1! 2!

Arms—Down!

**1003—Hands on hips—Place !**

Bend knees and straighten arms forward—1 ! 2 !

Turn trunk right (or left) and straighten arms forward—1 ! 2 !

Arms—Down !

**1004—Hands on hips—Place !**

Bend knees and straighten arms upward—1 ! 2 !

Bend trunk right (or left) and straighten arms upward—1 ! 2 !

Arms—Down !

**1005—Arms to thrust—Raise !**

Bend knees and thrust arms forward—1 ! 2 !

Turn trunk right (or left) and thrust arms forward—1 ! 2 !

Arms—Down !

**1006—Arms to thrust—Raise !**

Bend knees and thrust arms downward—1 ! 2 !

Bend trunk forward and thrust arms downward—1 ! 2 !

Arms—Down !

**1007—Arms to thrust—Raise !**

Bend knees and thrust arms forward—1 ! 2 !

Bend trunk backward and thrust arms upward—1 ! 2 !

Arms—Down !

**1008—Hands on hips—Place !**

Bend knees and straighten arms sideward—1 ! 2 !

Raise right (or left) knee and straighten arms forward—1 ! 2 !

Arms—Down !

**1009—Arms to strike—Raise !**

Bend knees and strike arms forward—1 ! 2 !

Bend trunk backward and strike arms forward—1 ! 2 !

Arms—Down !

**1010—Bend knees and raise arms forward—1 ! 2 !**

Step-position sideward right (or left) and raise arms right (or left)—1 ! 2 !

**1011—Bend knees and hands on hips—1 ! 2 !**

Cross-step-position forward right (or left) and raise right (or left) arm to a semi-circle over head, left (or right) arm on small of back—1 ! 2 !

**1012—Hands on shoulders—Place !**

Bend knees and strike arms sideward—1 ! 2 !

Step position backward right (or left) and strike arms sideward—1 ! 2 !

Arms—Down !

**1013—Hands on shoulders—Place !**

Bend knees and straighten arms upward—1 ! 2 !

Fencing-position sideward right (or left) and strike arms sideward—1 ! 2 !

Arms—Down !

**1014—Bend trunk forward and straighten arms forward—1 ! 2 !**

Step-position forward right (or left) and straighten arms upward—1 ! 2 !

**1015—Arms to thrust—Raise !**

Bend trunk forward and thrust arms forward—1 ! 2 !

Step-position forward right (or left) and thrust arms upward—1 ! 2 !

Arms—Down !

**1016—Bend trunk half-way forward and place hands on hips—1 ! 2 !**

Step-position backward right (or left) and raise arms sideward—1 ! 2 !

**1017—Hands on shoulders—Place !**

Step-position sideward right (or left) and straighten arms forward—1 ! 2 !

Turn trunk right (or left) and strike arms sideward—1 ! 2 !

**1018—Arms to strike over shoulders—Raise !**

Step-position backward right (or left) and strike arms upward—1 ! 2 !

Turn trunk right (or left) and strike arms forward—1 ! 2 !

Arms—Down !

**1019—Step-position sideward right (or left) and raise arms right (or left)—  
1 ! 2 !**

Bend trunk backward and raise arms forward upward—1 ! 2 !

**1020—Hands on hips—Place !**

Step-position sideward right (or left) and straighten arms sideward—  
1 ! 2 !

Bend trunk right (or left)—1 ! 2 !

Arms—Down !



Fig. 89.

**1021**—Hands on hips—Place!

Step-position sideward right (or left) and straighten arms sideward—  
1! 2!

Step-position right (or left) and bend trunk right (or left)—1! 2!

**1022**—Step-position forward right (or left) and straighten arms forward—  
1! 2!

Straddle-position sideward right (or left), bend trunk right (or left)  
and straighten arms upward—1! 2!

**1023**—Raise right (or left) lower-leg upward and arms forward—1! 2!

Longe sideward right (or left), right (or left) arm obliquely sideward  
upward and left (or right) arm obliquely sideward downward—1! 2!

**1024**—Straddle-position right (or left) and place hands on hips—1! 2!

Bend trunk right (or left) and grasp arms backward—1! 2!



Fig. 90.

**1025—Hands on hips—Place!**

Longe sideward right (or left) and bend trunk right (or left)—1! 2!  
Bend trunk forward—1! 2!

**1026—Bend trunk half-way forward and place hands on hips—1! 2!**

Cross-step position forward right (or left), bend trunk right (or left)  
and swing arms left (or right) and snap fingers—1! 2! (fig. 89).

**1027—Raise right (or left) leg forward and place hands on hips—1! 2!**

Straddle-position right (or left) and place hands on hips—1! 2!

**1028—Raise right (or left) leg sideward and arms sideward—1! 2!**

Bend trunk obliquely forward right (or left) and place hands on hips  
—1! 2! (fig. 90).

Starting Position.



Fig. 91.

1!  
2!  
3!  
as 1! to 3!  
1!  
2!  
3!  
as 1! to 3!  
1!  
2!  
3!

**1029**—Raise heels and arms forward—1!  
Lower heels and move arms sideward—2!  
As 1 to 3!  
Position—4! (fig. 91).

**1030**—Raise heels and arms sideward—1!

Bend knees and arms forward—2!

As 1 to 3!

Position—4!

**1031**—Raise heels and arms forward upward—1!

Bend knees and lower arms forward—2!

As 1 to 3!

Position—4!

**1032**—Raise heels and arms right (or left)—1!

Bend knee and move arms forward—2!

As 1 to 3!

Position—4!

**1033**—Bend knees and raise arms forward—1!

Bend trunk backward and raise arms forward upward—2!

As 1 to 3!

Position—4!

**1034**—Bend knees and arms forward—1!

Bend trunk forward and move arms sideward—2!

As 1 to 3!

Position—4!

**1035**—Arms to thrust—Raise!

Raise heels and thrust arms forward—1!

Bend knees and thrust arms downward—2!

As 1 to 3!

Position—4!

**1036**—Hands on hips—Place!

Bend knees and straighten arms forward—1!

Bend trunk right (or left) and place hands on hips—2!

As 1 to 3!

Position—4!

**1037—Hands on hips—Place!**

Bend knees and straighten arms upward—1 !

Turn trunk right (or left) and place hands on hips—2 !

As 1 to 3 !

Position—4 !

**1038—Bend knees and raise arms forward—1 !**

Step-position sideward right (or left) and move arms right (or left)—2 !

As 1 to 3 !

Position—4 !

**1039—Arms to thrust—Raise!**

Bend knees and thrust arms forward—1 !

Step-position backward right (or left) and thrust arms backward—2 !

As 1 to 3 !

Position—4 !

**1040—Bend knees and raise arms sideward—1 !**

Straddle-position sideward right (or left) and raise arms sideward upward—2 !

As 1 to 3 !

Position—4 !

**1041—Arms to thrust—Raise!**

Bend knees and thrust arms forward—1 !

Longe sideward right (or left) and thrust arms sideward—2 !

As 1 to 3 !

Position—4 !

**1042—Turn trunk right (or left) and raise arms right (or left)—1 !**

Raise right (or left) leg forward and move arms forward—2 !

As 1 to 3 !

Position—4 !

**1043—Raise right (or left) leg sideward and arms sideward—1 !**

Lower right (or left) leg, turn trunk right (or left) and move arms forward—2 !

As 1 to 3 !

Position—4 !

**1044**—Raise right (or left) leg backward and arms forward upward—1 !

Step-position forward right (or left) and lower arms forward—2 !

As 1 to 3 !

Position—4 !

**1045**—Step-position forward right (or left) and raise arms forward—1 !

Fencing-position sideward right (or left) and move arms sideward—2 !

As 1 to 3 !

Position—4 !

**1046**—Step-position sideward right (or left) and grasp arms backward—1 !

Straddle-position forward right (or left) and hands on hips—2 !

As 1 to 3 !

Position—4 !

**1047**—Cross-step-position forward right (or left) and raise right (or left) arm to a semi-circle over head, left (or right) arm on small of back—1 !

Step-position sideward right (or left) and arms right (or left)—2 !

As 1 to 3 !

Position—4 !

**1048**—Straddle-position sideward right (or left) and raise arms sideward—1 !

Fencing-position forward right (or left) and arms right (or left)—2 !

As 1 to 3 !

Position—4 !

**1049**—Straddle-position sideward right (or left) and arms sideward—1 !

Bend trunk forward and move arms forward—2 !

As 1 to 3 !

Position—4 !

**1050**—Straddle-position forward right (or left) and raise arms forward—1 !

Bend right (or left) knee and move arms sideward—2 !

As 1 to 3 !

Position—4 !

1051—Straddle-position forward right (or left) and raise arms sideward—1 !

Bend left (or right) knee and move arms upward—2 !

As 1 to 3 !

Position—4 !

1052—Straddle-position sideward right (or left), bend trunk right (or left) and raise arms sideward upward—1 !

Fencing-position sideward right (or left) and lower arms left (or right)—2 !

As 1 to 3 !

Position—4 !

1053—Longe sideward right (or left), bend trunk right and hands on hips—1 !

Step-position sideward right (or left) and straighten arms sideward—2 !

As 1 to 3 !

Position—4 !

1054—Arms to thrust—Raise !

Longe sideward right (or left) and thrust arms sideward—1 !

Step-position forward right (or left) and thrust arms forward—2 !

As 1 to 3 !

Position—4 !

1055—Longe sideward right (or left) and place hands on shoulders—1 !

Step-position sideward right (or left) and strike arms sideward—2 !

As 1 to 3 !

Position—4 !

1056—Step-position backward right (or left) and arms to strike—1 !

Longe forward right (or left) and strike arms forward—2 !

As 1 to 3 !

Position—4 !

1057—Arms to thrust—Raise !

Longe forward right (or left) and thrust arms backward—1 !

Straddle-position forward right (or left) and thrust arms forward—2 !

As 1 to 3 !

Position—4 !

**1058**—Bend trunk backward and hands on shoulders—1!

Raise right (or left) leg forward and straighten arms forward—2!

As 1 to 3!

Position—4!

**1059**—Lunge sideward right (or left) and straighten arms sideward—1!

Straddle-position sideward right (or left) and straighten arms forward—2!

As 1 to 3!

Position—4!

**1060**—Raise right (or left) knee and arms sideward—1!

Lunge forward right (or left) and move arms forward—2!

As 1 to 3!

Position—4!

**1061**—Lunge forward right (or left) and hands behind head—1!

Position—Turn trunk right (or left) and hands on hips—2!

As 1 to 3!

Position—4!

**1062**—Fencing-position backward right (or left) and hands on shoulders—1!

Lunge forward right (or left) and strike arms sideward—2!

As 1 to 3!

Position—4!

**1063**—Straddle-position sideward right (or left) and raise arms to strike before shoulders—1!

Step-position sideward right (or left) and strike arms sideward—2!

As 1 to 3!

Position—4!

**1064**—Lunge sideward right (or left) and hands on shoulders—1!

Bend left (or right) knee and strike arms sideward—2!

As 1 to 3!

Position—4!

**1065**—Lunge forward right (or left), bend trunk forward and swing arms backward—1!

Fencing-position forward right (or left) and swing arms forward upward—2!

As 1 to 3!

Position—4!

Some exercises which can be well performed by boys are illustrated in figures on the following pages:



Fig. 92.



Fig. 93.



Fig. 95.



Fig. 94.



Fig. 96.



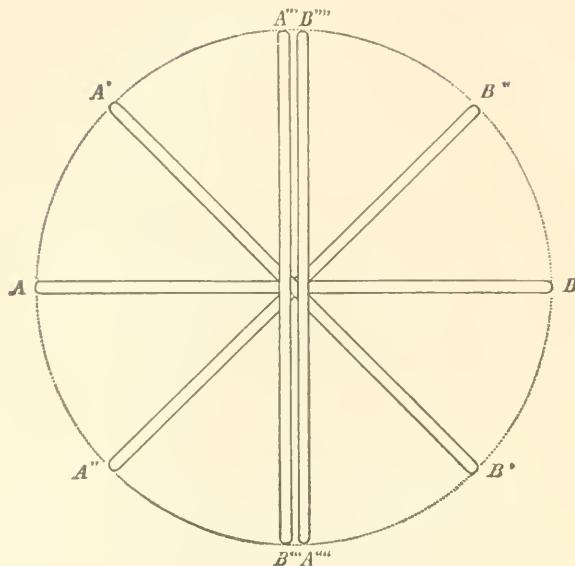
## PART THIRD.

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## WAND EXERCISES.



### WAND EXERCISES.

The above diagram illustrates the turn of the wand from the starting position, as in figs. 97, 104 and 131. The wand can be turned right or left. The wand AB is turned right to an oblique position A'B', turned left to an oblique position B''A'', is turned right to a vertical or horizontal position A'''B''' and left to a vertical or horizontal position B''''A''''. The right hand being at A, the left hand at B, the right hand is always above whenever the wand is turned left, the left hand is always above whenever the wand is turned right in all turns of the wand to oblique or vertical positions. In all turns of the wand to horizontal positions, a turn left is executed whenever the left hand is closer to the body; a turn right whenever the right hand is closer to the body. An exception is made of Exercise 126, where the left hand is above in a turn right, and the right hand is above in a turn left. You impress, by a good example, a turn right or left to the child, that you turn the handle of a coffee mill right whenever you grind coffee, and you will not succeed in doing so whenever you turn left. You screw right and unscrew left.

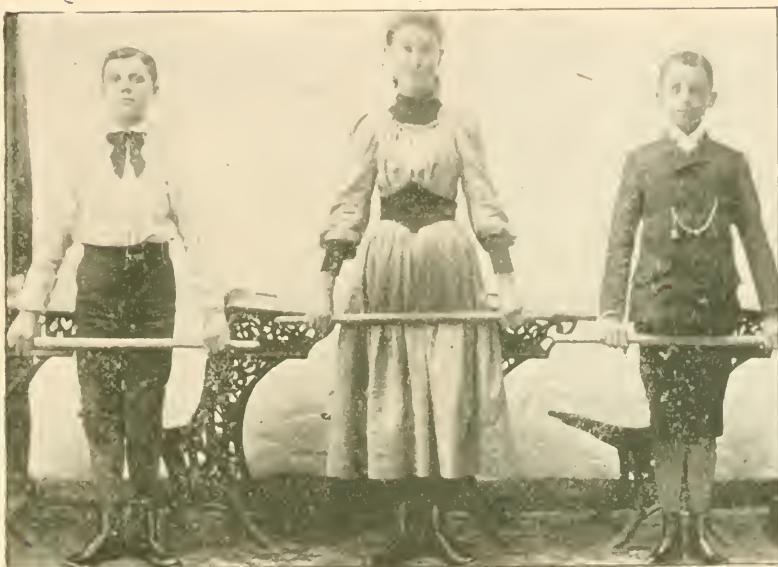


Fig. 97.

## I.—VERTICAL POSITIONS.

(If not specially mentioned, the starting position is as fig. 97 represents.

**1**—Wand forward, turn right—1! 2! (fig. 98).

**2**—Wand forward, turn left—1! 2! (fig. 98.)

**3**—Wand forward, turn right and left, alternately—1 to 4! (fig. 98).

**4**—Raise heels and wand forward, turn right and left, alternately—1 to 4!

**5**—Bend knees and wand forward, turn right and left, alternately—1 to 4! (fig. 99.)

**6**—Step-position forward right and left and wand forward, turn right and left, alternately—1 to 4!

**7**—Step-position sideward right and left and wand forward, turn right and left, alternately—1 to 4!



Fig. 98.



Fig. 99.

**8**—Straddle-position forward right and left and wand forward, turn right and left, alternately—1 to 4!

**9**—Straddle-position sideward right and left and wand forward, turn right and left, alternately—1 to 4!

**10**—Fencing-position forward right and left and wand forward, turn right left, alternately—1 to 4!

**11**—Fencing-position sideward right and left and wand forward, turn right and left, alternately—1 to 4!

**12**—Fencing position backward right and left and wand forward, turn right and left, alternately—1 to 4!

**13**—Longe sideward right and left and wand forward, turn right and left, alternately—1 to 4! (fig. 100.)

**14**—Longe forward right and left and wand forward, turn right and left, alternately—1 to 4!

**15**—Step-position forward and sideward right and left and wand forward, turn right and left, alternately—1 to 8!

**16**—Step-position forward and sideward right and left, alternately, and wand forward, turn right and left, alternately—1 to 8!

**17**—Straddle-position forward and backward right and left and wand forward, turn right and left, alternately—1 to 8!



Fig. 100.

**18**—Straddle-position forward and sideward right and left, alternately, and wand forward, turn right and left, alternately—1 to 8!

**19**—Longe sideward and forward right and left and wand forward, turn right and left, alternately—1 to 8!

**20**—Wand at right side, turn left—1! 2!

**21**—Wand at left side, turn right—1! 2!

**22**—Wand at right side, turn right—1! 2! (As in fig. 101.)

**23**—Wand at left side, turn left—1! 2!

**24**—Wand at right and left side, turn left and right, alternately—1 to 4!

**25**—Wand at left and right side, turn right and left, alternately—1 to 4!

**26**—Wand at right and left side, turn right and left, alternately—1 to 4!

**27**—Step-position sideward left and right and wand at right and left side, turn right and left, alternately—1 to 4! (fig. 101).

**28**—Step-position forward right and left and wand at right and left side, turn right and left, alternately—1 to 4!

**29**—Fencing-position sideward left and right and wand at right and left side, turn right and left—1 to 4!

**30**—Straddle-position sideward right and left and wand at left and right side, turn left and right, alternately—1 to 4!

**31**—Wand at right hip, turn right—1! 2! (fig. 102.)



Fig. 101.



Fig. 102.

**32**—Wand at left hip, turn left—1! 2!

**33**—Wand at right hip, turn left—1! 2! (Right arm straight).

**34**—Wand at left hip, turn right—1! 2! (Left arm straight).

**35**—Wand at right and left hip, turn right and left, alternately—1 to 4!

**36**—Wand at right and left hip, turn left and right, alternately—1 to 4!

**37**—Fencing-position sideward right and left and wand at right and left hip, turn right and left, alternately—1 to 4!

**38**—Fencing-position sideward right and left and wand at right and left hip, turn left and right, alternately—1 to 4!

**39**—Straddle-position sideward right and left and wand at right and left hip, turn right and left alternately—1 to 4!

**40**—Straddle position sideward right and left and wand at right and left hip, turn left and right, alternately—1 to 4!

**41**—Lunge sideward right and left and wand at right and left hip, turn right and left, alternately—1 to 4!

**42**—Lunge sideward right and left and wand at right and left hip, turn left and right, alternately—1 to 4!

**43**—Cross-step-position forward right and left and wand at left and right hip, turn right and left, alternately—1 to 4!

**44**—Cross-step-position forward right and left and wand at left and right hip, turn left and right, alternately—1 to 4!

**45**—Wand at right shoulder, turn right—1! 2!

**46**—Wand at left shoulder, turn left—1! 2!

**47**—Wand at right and left shoulder, turn right and left, alternately—1 to 4!

**48**—Wand at right shoulder, turn left—1! 2!

**49**—Wand at left shoulder, turn right—  
1 ! 2 ! (fig. 103.)

**50**—Wand at right and left shoulder, turn  
left and right, alternately—1 to 4 !

**51**—Step-position sideward right and left  
and wand at right and left shoul-  
der, turn right and left, alternate-  
ly—1 to 4 !

**52**—Step-position sideward right and left  
and wand at right and left shoul-  
der, turn left and right, alter-  
nately—1 to 4 !

**53**—Cross-step-position forward right and  
left and wand at right and left  
shoulder, turn right and left, al-  
ternately—1 to 4 !

**54**—Fencing-position forward right and left and wand at right and left  
shoulder, turn left and right, alternately—1 to 4 !

**55**—Fencing-position sideward right and left and wand at right and left  
shoulder, turn left and right, alternately—1 to 4 !

**56**—Longe sideward right and left and wand at right and left shoulder, turn  
right and left, alternately—1 to 4 !

**57**—Longe sideward right and left and wand at right and left shoulder, turn  
left and right, alternately—1 to 4 !

**58**—Longe forward right and left and wand at right and left shoulder, turn  
left and right, alternately—1 to 4 !

**59**—Straddle-position sideward right and left and wand at right and left  
shoulder, turn right and left, alternately—1 to 4 !

**60**—Straddle-position forward right and left and wand at right and left  
shoulder, turn left and right, alternately—1 to 4 !

**61**—Straddle-position sideward right and left and wand at right and left  
shoulder, turn left and right, alternately—1 to 4 !



Fig. 103.



Fig. 104.

Wand forward in position—Starting-position. (fig. 104.)

**62**—Wand forward—1! 2! (fig. 105.)

**63**—Step-position forward right and left, alternately, and wand forward—1 to 4!

**64**—Step-position backward right and left, alternately, and wand forward—1 to 4!

**65**—Straddle-position forward right and left, alternately, and wand forward—1 to 4!

**66**—Straddle-position sideward right and left, alternately, and wand forward—1 to 4!

**67**—Straddle-position forward and sideward right and left, alternately, and wand forward—1 to 8!

**68**—Straddle-position backward right and left, alternately, and wand forward—1 to 4!

**69**—Longe forward right and left, alternately, and wand forward—1 to 4!

**70**—Longe sideward right and left, alternately, and wand forward—1 to 4! (fig. 106.)

**71**—Longe backward right and left, alternately, and wand forward—1 to 4!

**72**—Longe forward and sideward right and left, alternately, and wand forward—1 to 8!



Fig. 105.

**73**—Longe forward, backward and sideward, right and left, alternately, and wand forward—1 to 12!

**74**—Fencing-position forward right and left, alternately, and wand forward—1 to 4!

**75**—Fencing-position sideward right and left, alternately, and wand forward—1 to 4!

**76**—Fencing-position forward and sideward right and left, alternately, and wand forward—1 to 4!

**77**—Bend trunk forward and wand forward—1! 2! (fig. 107.)

**78**—Bend knees and wand forward—1! 2!

**79**—Bend trunk backward and wand forward—1! 2!

**80**—Raise heels and wand forward—1! 2!

**81**—Turn trunk right and left, alternately, and wand forward—1 to 4!

**82**—Bend trunk half-way forward and wand forward—1 2!

**83**—Wand upward—1! 2! (fig. 108.)

**84**—Raise heels and wand upward—1! 2!

**85**—Bend knees and wand upward—1! 2!

**86**—Step-position forward right and left, alternately, and wand upward—1 to 4!

**87**—Straddle-position forward right and left, alternately, and wand upward—1 to 4!



Fig. 106.



Fig. 107.



Fig. 108.

**88**—Fencing position forward right and left, alternately, and wand upward—1 to 4!

**89**—Fencing position backward right and left, alternately, and wand upward—1 to 4!

**90**—Fencing-position sideward right and left, alternately, and wand upward—1 to 4!

**91**—Longe sideward right and left, alternately, and wand upward—1 to 4!

**92**—Longe forward right and left, alternately, and wand upward—1 to 4! (fig. 109.)

**93**—Longe backward right and left, alternately, and wand upward—1 to 4!

**94**—Fencing-position forward and sideward right and left, alternately, and wand upward—1 to 8!

**95**—Longe forward and sideward right and left, alternately, and wand upward—1 to 8!

**96**—Wand before shoulders—1! 2! (fig. 110.)

**97**—Step-position forward right and left, alternately, and wand before shoulders—1 to 4!

**98**—Wand before shoulders—Raise!  
Longe forward right and left, alternately, and thrust wand forward  
—1 to 4!

Wand—Down!



Fig. 109.

**99**—Wand before shoulders—Raise !

Bend trunk forward and thrust wand  
forward—1! 2!

Wand—Down !

**100**—Wand before shoulders—Raise !

Bend trunk forward and thrust wand  
downward—1! 2!

Wand—Down !

**101**—Wand before shoulders—Raise !

Bend trunk backward and thrust wand  
forward—1! 2!

Wand—Down !

**102**—Wand before shoulders—Raise !

Bend trunk forward and backward and  
thrust wand downward and for-  
ward, alternately—1 to 4!

Wand—Down !

**103**—Wand before shoulders—Raise !

Bend trunk forward and backward and  
thrust wand forward and upward,  
alternately—1 to 4!

Wand—Down !

**104**—Wand before shoulders—Raise !

Turn trunk right and left, alternately,  
and thrust wand forward—1 to 4!

Wand—Down !

**105**—Wand before shoulders—Raise !

Fencing-position forward and sideward  
right and left, alternately, and  
and thrust wand forward—1 to 8!

Wand—Down !

**106**—Wand before shoulders—Raise !

Straddle-position backward and for-  
ward and thrust wand forward and  
upward, alternately—1 to 8!

Wand—Down !



Fig. 110.



Fig. 111.



Fig. 112.

**107**—Wand before shoulders—Raise !

Bend knees and thrust wand forward  
—1 ! 2 !

Wand—Down !

**108**—Wand behind shoulders—1 ! 2 !  
(fig. 111.)

**109**—Raise heels and wand behind shoulders—1 ! 2 !

**110**—Wand behind shoulders—Raise !

Raise heels—1 ! 2 !

Wand—Down !

**111**—Wand behind shoulders—Raise !

Bend trunk forward—1 ! 2 ! (fig.  
112.)

Wand—Down !

**112**—Wand behind shoulders—Raise !

Bend trunk backward—1 ! 2 !

Wand—Down !

**113**—Wand behind shoulders—Raise !

Bend trunk forward and backward,  
alternately—1 to 4 !

Wand—Down !

**114**—Wand behind shoulders—Raise !

Turn trunk right and left, alternately  
—1 to 4 !

Wand—Down !

**115**—Wand on small of back—1 ! 2 !  
(fig. 113.)

**116**—Wand on small of back—Place !

Bend trunk backward—1 ! 2 !

Wand—Down !



Fig. 113.

**117**—Wand on small of back—Place !  
 Turn trunk right and left, alternately  
 —1 to 4 !  
 Wand—Down !

**118**—Wand on small of back—Place !  
 Bend knees—1 ! 2 !  
 Wand—Down !

**119**—Wand upward, turn right—1 ! 2 !

**120**—Wand upward, turn left—1 ! 2 !  
 (fig. 114.)

**121**—Wand upward, turn right and left,  
 alternately—1 to 4 !

**122**—Raise heels and wand upward, turn  
 right and left, alternately—1 to 4 !

**123**—Bend knees and wand upward, turn  
 right, and left, alternately—1 to 4 !

**124**—Straddle-position sideward right and  
 left and wand upward, turn right  
 and left, alternately—1 to 4 !

**125**—Wand before shoulders, turn right  
 —1 ! 2 !

**126**—Wand before shoulders, turn left  
 —1 ! 2 ! (fig. 115.)

**127**—Wand before shoulders, turn right  
 and left, alternately—1 to 4 !

**128**—Raise heels and wand before shoul-  
 ders, turn right and left, alter-  
 nately—1 to 4 !

**129**—Bend knees and wand before shoul-  
 ders, turn right and left, alter-  
 nately—1 to 4 !

**130**—Straddle-position sideward right and  
 left and wand before shoulders,  
 turn right and left, alternately  
 —1 to 4 !



Fig. 114.



Fig. 115.



Fig. 116.

**131**—Bend trunk forward and wand before shoulders, turn wand right and left, alternately—1 to 4!

**132**—Bend trunk backward and wand before shoulders, turn right and left, alternately—1 to 4!

**133**—Bend trunk backward and forward and wand before shoulders, turn right and left, alternately—1 to 4!

**134**—Wand behind—1! 2! (fig. 116.)

**135**—Longe forward right and left, alternately, and wand behind—1 to 4! (fig. 117.)

**136**—Wand behind—Place!

Longe forward right and left, alternately—1 to 4!

Wand to position—Place!

**137**—Wand around right hip—1! 2!

**138**—Wand around left hip—1! 2!

**139**—Wand around right and left hip, alternately—1 to 4!

**140**—Fencing-position sideward right and left and wand around right and left hip, alternately—1 to 4!

**141**—Cross-step-position forward right and left and wand around right and left hip, alternately—1 to 4!

**142**—Wand right—1! 2! (As in fig. 118)

**143**—Wand left—1! 2!

**144**—Wand right and left, alternately—1 to 4!

**145**—Step-position sideward right and left and wand right and left, alternately—1 to 4! (fig. 118.)



Fig. 117.

**146**—Step-position forward right and left and wand right and left, alternately—1 to 4 !

**147**—Step-position backward right and left and wand right and left, alternately—1 to 4 !

**148**—Fencing-position sideward right and left and wand right and left, alternately—1 to 4 !

**149**—Fencing-position forward right and left and wand right and left, alternately—1 to 4 !

**150**—Longe sideward right and left and wand right and left, alternately—1 to 4 !

**151**—Longe forward right and left and wand right and left, alternately—1 to 4 !

**152**—Straddle-position sideward right and left and wand right and left, alternately—1 to 4 !

**153**—Raise heels and wand right and left, alternately—1 to 4 !

**154**—Bend knees and wand right and left, alternately—1 to 4 !

**155**—Wand right, behind head—1! 2!  
(Left hand behind head).

**156**—Wand left, behind head—1! 2!  
(Right hand behind head).

**157**—Wand right and left behind head—  
1 to 4 !

**158**—Step-position sideward right and left and wand right and left behind head, alternately—1 to 4 !



Fig. 118.



Fig. 119.



Fig. 120.

**159**—Longe sideward right and left and wand right and left behind head, alternately—1 to 4 !

**160**—Straddle-position sideward right and left and wand right and left, behind head, alternately—1 to 4 !

**161**—Wand forward right, turn left—1 ! 2 ! (fig. 119.)

**162**—Wand forward left, turn right—1 ! 2 !

**163**—Wand forward right, turn right—1 ! 2 !

**164**—Wand forward left, turn left—1 ! 2 ! (fig. 120).

**165**—Wand forward right and left, turn left and right, alternately—1 to 4 !

**166**—Wand forward right and left, turn right and left, alternately—1 to 4 !

**167**—Step-position forward right and left and wand forward right and left, turn left and right, alternately—1 to 4 !

**168**—Step-position forward right and left and wand forward right and left, turn right and left, alternately—1 to 4 !

**169**—Cross-step-position forward left and right and wand forward right and left, turn left and right, alternately—1 to 4 !

**170**—Cross-step-position forward left and right and wand forward right and left, turn right and left, alternately—1 to 4 !

**171**—Bend knees and wand forward right and left, turn left and right, alternately—1 to 4 !

**172**—Raise heels and wand forward right and left, turn left and right, alternately—1 to 4 !

**173**—Fencing-position forward right and left and wand forward right and left, turn left and right, alternately—1 to 4!

**174**—Fencing-position sideward right and left, wand forward right and left, turn left and right, alternately—1 to 4!

**175**—Fencing position forward and sideward right and left and wand forward right and left, turn left and right and right and left, alternately—1 to 8!

**176**—Straddle-position forward right and left and wand forward right and left, turn left and right, alternately—1 to 4!

**177**—Straddle-position backward right and left and wand forward right and left, turn left and right, alternately—1 to 4!

**178**—Straddle-position sideward right and left and wand forward right and left, turn right and left, alternately—1 to 4!

**179**—Straddle-position forward and sideward right and left and wand forward right and left, turn left and right and right and left, alternately—1 to 8!

**180**—Longe sideward right and left and wand forward right and left, turn left and right, alternately—1 to 4!

**181**—Longe forward right and left and wand forward right and left, turn left and right, alternately—1 to 4!

**182**—Longe backward right and left and wand forward right and left, turn right and left, alternately—1 to 4!

**183**—Wand forward right, behind head, turn left—1! 2!

**184**—Wand forward left, behind head, turn right—1! 2! (fig. 121.)



Fig. 121.

**185**—Wand forward right and left, behind head, turn left and right, alternately—1 to 4!

**186**—Step-position forward right and left and wand forward right and left, behind head, turn left and right, alternately—1 to 4!

**187**—Step-position backward right and left and wand forward right and left, behind head, turn left and right, alternately—1 to 4!

**188**—Longe forward right and left and wand forward right and left, behind head, turn left and right, alternately—1 to 4!

**189**—Straddle-position sideward right and left and wand forward right and left, behind head, turn left and right, alternately—1 to 4!

**190**—Longe sideward right and left and wand forward right and left, behind head, turn left and right, alternately—1 to 4!

**191**—Straddle-position forward and backward right and left and wand forward right and left, behind head, turn left and right, alternately—1 to 8!

**192**—Bend knees and wand forward right and left, behind head, turn left and right, alternately—1 to 4!

## III. OBLIQUE POSITIONS.

**193**—Wand right, turn obliquely left—  
1! 2!

**194**—Wand left, turn obliquely right—  
1! 2! (As in fig. 122).

**195**—Wand right and left, turn obliquely  
left and right—1 to 4!

**196**—Step-position sideward right and left  
and wand right and left, turn  
obliquely left and right, alterna-  
tely—1 to 4!

**197**—Cross-step-position forward left and  
right and wand right and left,  
turn obliquely left and right,  
alternately—1 to 4!

**198**—Longe sideward right and left and  
wand right and left, turn obliquely  
left and right—1 to 4! (fig. 122)

**199**—Fencing-position sideward right and  
left and wand right and left, turn  
obliquely left and right, alterna-  
tely—1 to 4!

**200**—Wand right, turn obliquely right—  
1! 2!

**201**—Wand left, turn obliquely left—  
1! 2! (fig. 123).

**202**—Wand right and left, turn obliquely  
right and left, alternately—1 to 4!

**203**—Step-position sideward right and left  
and wand right and left, turn  
obliquely right and left, alterna-  
tely—1 to 4!



Fig. 122.



Fig. 123.



Fig. 124.

**204**—Lunge sideward right and left and wand right and left, turn obliquely right and left, alternately—1 to 4 !

**205**—Wand upward, turn obliquely right—1 ! 2 !

**206**—Wand upward, turn obliquely left—1 ! 2 ! (as in fig. 124).

**207**—Wand upward, turn obliquely right and left, alternately—1 to 4 !

**208**—Step-position sideward right and left and wand upward, turn obliquely right and left—1 to 4 ! (fig. 124)

**209**—Cross-step-position forward left and right and wand upward, turn obliquely right and left, alternately—1 to 4 !

**210**—Cross-step-position backward left and right and wand upward, turn obliquely right and left, alternately—1 to 4 !

**211**—Fencing-position sideward right and left and wand upward, turn obliquely right and left, alternately—1 to 4 !

**212**—Lunge sideward right and left and wand upward, turn obliquely right and left, alternately—1 to 4 !

**213**—Lunge forward right and left and wand upward, turn obliquely right and left, alternately—1 to 4 !

**214**—Lunge obliquely forward inward right and left and wand upward, turn obliquely left and right, alternately—1 to 4 ! (fig. 125).



Fig. 125.

**215**—Straddle-position sideward right and left and wand upward, turn obliquely right and left, alternately—1 to 4!

**216**—Wand downward, turn obliquely left—1! 2! (fig. 126.)

**217**—Wand downward, turn obliquely right—1! 2!

**218**—Wand downward, turn obliquely left and right, alternately—1 to 4!

**219**—Step-position right and left and wand downward, turn obliquely left and right, alternately—1 to 4!

**220**—Wand forward right, turn obliquely left—1! 2!

(Compare Exercise 161.)

**221**—Wand forward right, turn obliquely right—1! 2!

**222**—Wand forward left, turn obliquely right—1! 2!

**223**—Wand forward left, turn obliquely left—1! 2!

**224**—Wand forward right and left, turn obliquely left and right, alternately—1 to 4!

**225**—Wand forward right and left, turn obliquely right and left, alternately—1 to 4!

**226**—Wand forward downward right, turn obliquely left—1! 2! (as in fig. 127.)

**227**—Wand forward downward left, turn obliquely right—1! 2!



Fig. 126.



Fig. 127.



Fig. 128.

**228**—Wand forward downward right and left, turn obliquely left and right, alternately—1 to 4!

**229**—Step-position forward right and left and wand forward downward right and left, turn obliquely left and right, alternately—1 to 4! (fig. 127.)

**230**—Wand behind, turn obliquely right —1! 2! (fig. 128.)

**231**—Wand behind, turn obliquely left —1! 2!

**232**—Wand behind, turn obliquely right and left, alternately—1 to 4!

**233**—Lunge forward right and left and wand behind, turn obliquely right and left, alternately—1 to 4!

**234**—Lunge sideward right and left and wand behind, turn obliquely right and left, alternately—1 to 4!

**235**—Wand to strike overhead, right hand stationary—1! 2! (fig. 129.)

**236**—Wand to strike over head, left hand stationary—1! 2!

**237**—Wand to strike over head, right and left hand stationary, alternately —1 to 4!

**238**—Lunge forward right and left and wand to strike over head, right and left hand stationary, alternately—1 to 4!

**239**—Lunge backward right and left and wand to strike over head, right and left hand stationary, alternately—1 to 4!



Fig. 129.

**240**—Longe sideward right and left and wand to strike over head, right and left hand stationary, alternately—1 to 4!

**241**—Straddle-position forward right and left and wand to strike over head, right and left hand stationary, alternately—1 to 4!

**242**—Fencing-position backward right and left and wand to strike over head, right and left hand stationary, alternately—1 to 4!

**243**—Longe backward right and left and wand to strike over head, right and left hand stationary, alternately—1 to 4!

**244**—Wand to strike over right shoulder, left hand stationary—1! 2!  
(As in fig. 130.)

**245**—Wand to strike over left shoulder, right hand stationary—1! 2!

**246**—Straddle-position sideward right and left and wand to strike over shoulder, left and right hand stationary, alternately—1 to 4! (fig. 130).



Fig. 130



Fig. 131.



Fig. 132.

## IV—WINDING EXERCISES.

**247**—Wand in position for Winding Exercises—Place! (fig. 131.)

**248**—Wind with the right hand wand right—1! 2!

**249**—Wind with the left hand wand left—1! 2! (fig. 133).

Figure 132 illustrates how the wand is raised. From that position the arm is straightened.

**250**—Wind with right and left hand wand right and left, alternately—1 to 4!

**251**—Step-position forward right and left and wind with right and left hand wand right and left—1 to 4! (fig. 134.)

**252**—Step-position sideward right and left and wind with right and left hand wand right and left, alternately—1 to 4!



Fig. 133.



Fig. 134.



Fig. 135.

**253**—Wind with right hand wand forward right—1! 2!

**254**—Wind with left hand wand forward left—1! 2!

**255**—Wind with right and left hand wand forward right and left, alternately  
—1 to 4!

**256**—Wind with right and left hand wand forward right and left, behind head, alternately—1 to 4! (fig. 135.)

Winding the wand can be executed with most of the preceding horizontal and oblique positions. Always let that hand wind the wand which has the largest motion to perform.

Fig. 136 illustrates an exercise well adapted for boys.



Fig. 136.



Fig. 137.

	1! 2!	1! 2! Practiced separately.
Right (or left)—	1! 2!	3! 4!—Alternately.
Right } 1! 2!		3! 4! } Alternately
Left } 5! 6!		7! 8! } Right and Left.

### II. Alternate Exercises.

**257**—Bend knees and wand forward, turn right (or left)—1! 2!

Longe sideward right (or left) and wand forward—1! 2! (fig. 137)

**258**—Bend knees and wand forward—1! 2!

Raise heels and wand upward—1! 2!

**259**—Raise right (or left) leg forward and wand forward—1! 2!

Bend trunk forward and wand behind shoulders—1! 2!

**260**—Raise heels and wand before shoulders—1! 2!

Step-position forward right (or left) and wand forward—1! 2!

**261**—Bend knees and wand forward, turn right (or left)—1! 2!

Step-position forward right (or left) and wand forward right, turn obliquely left—1! 2! (See fig. 127).

**262**—Raise heels and wand right (or left)—1! 2!

Bend knees and wand forward—1! 2!



Fig. 138.

**263**—Step-position sideward left (or right) and wand upward, turn obliquely left (or right)—1! 2!

Bend trunk forward and wand behind shoulders—1! 2! (fig. 138).

**264**—Step-position sideward right (or left) and wand right (or left)—1! 2!  
Longe sideward right (or left) and wand upward—1! 2!

**265**—Step-position sideward right (or left) and wand right (or left)—1! 2!  
Longe right (or left) and wand behind shoulders, turn obliquely left (or right)—1! 2! (See fig. 128).

**266**—Cross-step-position forward right (or left) and wand around left (or right) hip—1! 2!

Fencing-position right (or left) and wand right (or left)—1! 2!

**267**—Wand before shoulders—Raise!

Step-position forward right (or left) and thrust wand forward—1! 2!

Longe forward right (or left) and thrust wand upward—1! 2!

Wand—Down!

**268**—Longe forward right (or left) and wand behind—1! 2! (See fig. 117)  
Straddle-position right (or left) and wand before shoulders, turn right (or left)—1! 2!

**269**—Bend knees and wand forward, turn right (or left)—1! 2!

Turn trunk right (or left) and wand before shoulders, turn right (or left)—1! 2!



Fig. 139.

**270**—Wand before shoulders—Raise!

Raise heels and thrust wand forward—1! 2!

Bend knees and thrust wand forward—1! 2!

Wand—Down!

**271**—Wand before shoulders—Raise!

Raise heels and thrust wand upward—1! 2!

Turn trunk right (or left) and thrust wand forward—1! 2!

Wand—Down!

**272**—Wand behind shoulders—Raise!

Bend trunk forward—1! 2!

Bend trunk backward—1! 2!

Wand forward in position—Place!

**273**—Wand behind—Place!

Longe forward right (or left)—1! 2!

Straddle-position sideward right (or left)—1! 2!

Wand forward in position—Place!

**274**—Longe forward right (or left) and wand upward—1! 2!

Step-position sideward right (or left) and wand right (or left)—1! 2!

(fig. 139).

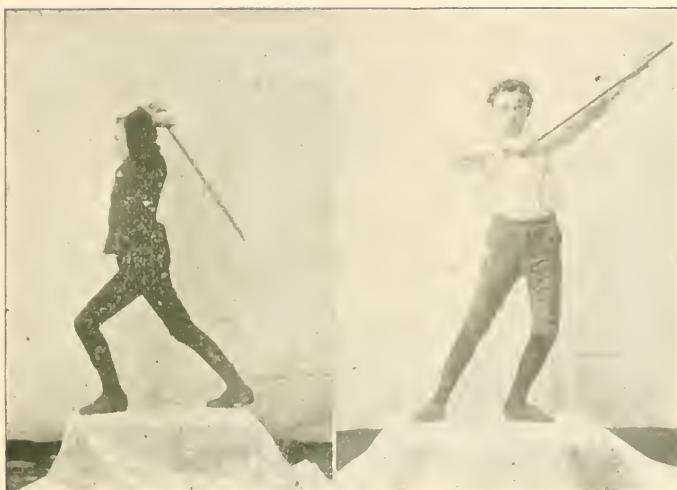


Fig. 140.

**275**--Longe sideward right (or left) and wand behind shoulders--1! 2!

Fencing-position backward right (or left) and wand forward, turn right (or left)--1! 2!

**276**--Longe forward right (or left) and wand to strike over-head, right hand stationary--1! 2!

Fencing-position sideward right (or left) and wand left or right, turn obliquely right (or left)--1! 2! (fig. 140).



Fig. 141.

**277**—Straddle-position sideward right (or left) and wand to strike over right (or left) shoulder, right (or left) hand stationary—1! 2!

Wand forward, turn right (or left)—1! 2! (fig. 141).

**278**—Step-position sideward right (or left) and wand right (or left), wind with right (or left) hand—1! 2!

Longe sideward right (or left) and wand behind shoulders, turn obliquely left, wind with right or left hand—1! 2!

## III. Composite Exercises,



Starting Position.

1!	1!	3!
2!	2!	4!
1!	1!	Right Side.
2!	2!	4!
1!	1!	Left Side.
2!	2!	4!
1!	2!	4!
2!	3!	Right and Left Side.
3!	3!	
4!	4!	
5!	5!	
6!	6!	
7!	7!	
8!	8!	
9!	9!	
10!	10!	
11!	11!	
12!	12!	

Fig. 142.

See Introductory Remarks:  
The practice of Composite Exercises.

**279** — Longe sideward right (or left) and wand forward, turn left (or right)—1!  
Position and wand on left (or right) shoulder, turn left (or right)—2!  
As 1 to 3!

Fundamental position (fig. 104)—4! (fig. 142).

**280**—Raise heels and wand forward—1!

Bend knees and wand upward—2!

As 1 to 3!

Position—4!

**281**—Raise heels and wand before shoulders—1!

Bend trunk forward and wand forward—2!

As 1 to 3!

Position—4!

**282**—Raise heels and wand behind—1!

Bend knees and wand forward—2!

As 1 to 3!

Position—4!

**283**—Bend knees and wand before shoulders, turn left (or right)—1!

Turn trunk right (or left) and wand before shoulders, turn right (or left)—2!

As 1 to 3!

Position—4!

**284**—Bend knees and wand forward—1!

Bend trunk right (or left) and wand on right (or left) shoulder, turn left (or right)—2!

As 1 to 3!

Position—4!

**285**—Straddle-position sideward left (or right) and wand forward left, turn right (or left)—1 !

Bend trunk backward and wand upward—2 !

As 1 to 3 !

Position—4 !

**286**—Step-position backward left (or right) and wand upward—1 !

Longe forward left (or right) and wand behind—2 !

As 1 to 3 !

Position—4 !

**287**—Step-position sideward left (or right) and wand at left hip, turn right—1 !

Fencing-position backward left (or right) and wand before shoulders, turn right (or left)—2 !

As 1 to 3 !

Position—4 !

**288**—Fencing-position left (or right) and wand left (or right)—1 !

Straddle-position sideward left (or right) and wand upward—2 !

As 1 to 3 !

Position—4 !

**289**—Fencing-position forward left (or right) and wand forward—1 !

Raise left (or right) leg backward and wand upward—2 !

As 1 to 3 !

Position—4 !

**290**—Longe backward left (or right) and wand around right (or left) hip—1!

Step-position forward left (or right) and wand forward—2!

As 1 to 3!

Position—4!

**291**—Longe forward left (or right) and wand upward—1!

Straddle-position sideward left (or right) and wand behind shoulders—2!

As 1 to 3!

Position—4!

**292**—Raise heels and wand upward—1!

Step-position sideward right (or left) and wand right (or left)—2!

As 1 to 3!

Position—4!

**293**—Bend knees and wand before shoulders—1!

Fencing position forward right (or left) and thrust wand forward—2!

As 1 to 3!

Position—4!

Fig. 143. 7<sup>c</sup>

Starting-position.  
The opposite side.  
1!  
2!  
3!  
4!  
5!  
6!  
7!  
8!  
Starting-position.

**294**—Lunge obliquely forward right (or left) and wand upward, turn obliquely left (or right)—1!  
Bend trunk forward and wand behind shoulders—2!  
As 1 to 3!  
Position—4! (fig. 143).

**295**—Longe forward right or left and wand to strike over head, left hand stationary—1 !

Fencing-position backward right (or left) and wand forward—2 !

As 1 to 3 !

Position—4 !

**296**—Cross-step-position forward right (or left) and wand around right (or left) hip—1 !

Fencing-position sideward right (or left) and wand before shoulders, turn right (or left)—2 !

As 1 to 3 !

Position—4 !

**297**—Straddle-position forward right (or left) and wand forward right (or left) behind head, wind with right (or left) hand—1 !

Cross-step-position forward right (or left) and wand right (or left) behind head, wind with right (or left) hand—2 !

As 1 to 3 !

Position—4 !

**298**—Raise right (or left) leg backward and wand forward—1 !

Raise right (or left) knee and wand upward—2 !

As 1 to 3 !

Position—4 !

**299**—Raise right (or left) lower-leg and wand before shoulders—1 !

Raise right (or left) leg forward—2 !

As 1 to 3 !

Position—4 !

**300**—Raise right (or left) knee and wand before shoulders, turn left (or right)—1 !

Step-position sideward right (or left) bend trunk left (or right) and wand on right (or left) shoulder, turn left (or right)—2 !

As 1 to 3 !

Position—4 !

## PART FOURTH.

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## DUMB-BELL EXERCISES.

## DUMB-BELL EXERCISES.\*

\*All Exercises of Part Second (Calisthenics in the Aisle), that contain movement of the arms, can be substituted for dumb-bell exercises. For instance, Exercise 500 would read thus:

Bells to thrust—Raise !

Step-position forward right and left, alternately, and thrust bells forward and upward alternately—1 to 8 !

Bells—Down !

**1**—Raise bells forward—1! 2! (fig. 144.)

**2**—Raise bells sideward—1! 2!

**3**—Raise bells forward upward—1! 2! (fig. 145.)

**4**—Raise bells sideward upward—1! 2!

**5**—Raise bells backward—1! 2! (fig. 146.)

**6**—Bells on shoulders—Place ! (fig. 147.)  
Bells—Down !

Place bells on shoulders—1! 2!

**7**—Raise bells right (or left)—1! 2! (fig. 148.)

**8**—Raise bells right and left, alternately  
—1 to 4 !



Fig. 144.

**9**—Raise bells to strike over shoulders—

1! 2! (fig. 149.)

**10**—Raise bells to thrust—1! 2! (fig. 150.)

**11**—Bend knees and raise bells forward—  
1! 2! (fig. 151.)

**12**—Bells to thrust—Raise!

Bend trunk forward and thrust bells  
downward—1! 2! (fig. 152.)

Bells—Down!

**13**—Turn trunk right (or left) and raise  
bells forward—1! 2! (fig.  
153.)

**14**—Straddle-position sideward right (or  
left) and place bells on shoul-  
ders—1! 2! (fig. 154.)

**15**—Bells on shoulders—Place!

Strike bells sideward (see position of  
bells)—1! 2! (fig. 155.)

Bells—Down!

**16**—Straddle-position sideward right (or  
left) and raise bells sideward—1!  
2! (fig. 156.)

Fig. 151 illustrates an exercise well  
adapted for boys.



Fig. 145.



Fig. 146.



Fig. 147.



Fig. 149.



Fig. 148.



Fig. 150.



Fig. 151.



Fig. 153.



Fig. 152.



Fig. 154.



Fig. 155.



Fig. 157.

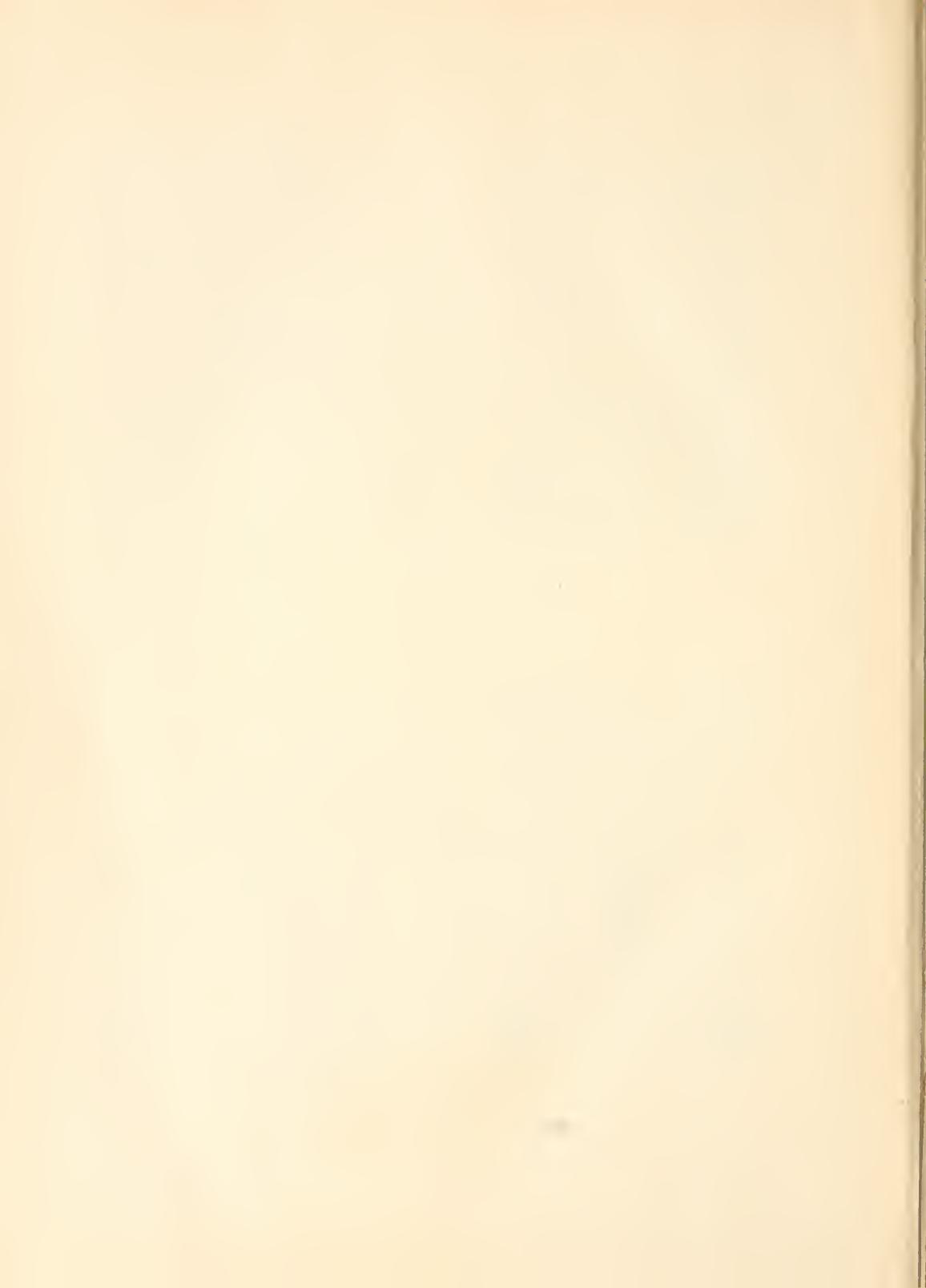


Fig. 156.



Fig. 158.









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Bo

Blue Dog

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